

# **DOLPHIN LOG**

**Collection, Year 2016**

**The Bulletin of the  
Dolphin Swimming & Boating Club  
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club  
502 Jefferson Street  
San Francisco, CA 94109**



SPRING 2016

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

## Dolphin Log

Keith Howell, *Editor*  
Joe Illick, *Editor*  
Sunny McKee, *Graphic Designer*  
Andrew Cassidy, *Swim Stats*  
Story Rafter, *Proofreader*

## Contributing Historian

Walter Schneebeli

## Published By

The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109  
[www.dolphinclub.org](http://www.dolphinclub.org)

## Board of Governors

Ken Coren, Janice Wood, Lorna  
Newlin, David Zovickian, Larry  
Scroggins, Seth Katzman, John  
Ottersberg

## Officers

Rick Avery, *President*  
Diane Walton, *Vice President*  
Lisa Newman-Wise, *Recording Secretary*  
Jane Mermelstein, *Financial Secretary*  
Charles Cross, *Treasurer*  
JD Durst, *Boat Captain*  
Darcy Blake Wettersten, *House Captain*  
*Swim Commissioners* Joe  
Marenda, Brendon Crow, John  
Nogue  
*Run Commissioners* Chris  
Tschinkel, Natazha Bernie  
*Rowing Commissioner* Jay Dean

## Cover

"This is why we do this."

Duke Dahlin

Photo Peter Prato.

<http://www.peterprato.com>

## Printing

MC Printers  
Prepress  
Royce Color, SF

## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Pat McGarvey 1946-2016



I was broken-hearted to learn that fellow Dolphin life member, Pat McGarvey died on the morning of March 7th. She died at her East Bay home, her last days surrounded by her visiting mother and sister. Pat's loving partner, Judi Apfel., was by her side throughout her illness and her peaceful passing, as she often used to be in Aquatic park, piloting Pat in her kayak.

Over the years I've adored Pat --loved her spirit, her quiet sardonic outlook (except when she showed righteous anger or just the way she didn't suffer fools for long) and her absolute swimming chops.

She became an accomplished swimmer despite her suffering from her earliest years and throughout her life suffering from severe scoliosis that might have crippled her. Yes, she walked awkwardly with a limp--had back pain, and dealt with, health crises over the years, often using a cane, but she overcame such difficulties especially in the water and counted swimming as a lifesaver.

Swimming became her passion and a form of athletics at which she excelled. Once submerged in the water she was a fierce competitor and could go like a house on fire.

A long time US Masters swimmer (she swam with Walnut Creek Masters), she particularly loved open water swimming, and, as she could not run up the beach at Master swim finishes, rather enjoyed the Dolphin Club swims where the flag finish was over the water so she could make her way up the beach to the stairs with her usual dignity.

I remember at one Santa Cruz Pier Swim, Pat came out of the water ahead of a rival in her age group, a woman who knew Pat and her challenges on land. But the woman showed no class and sprinted ahead of Pat to the finish chute, beating her in the foot race. Pat didn't like it but she was not going to stoop to whining or complaining, she said; it was beneath her.

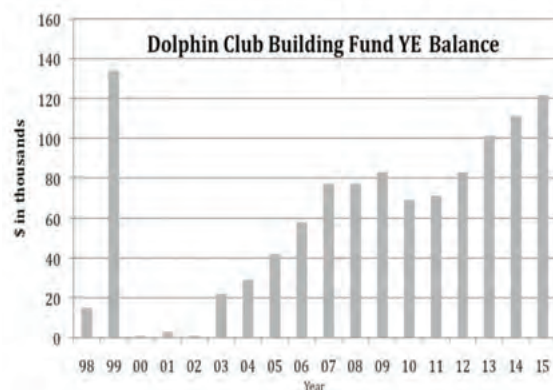
We two "Jersey girls" who liked to talk--in person or on the phone-- about our Jersey-shore-youthful swimming, laughed a lot together, gossiped, talked politics--feminist and progressive. And, while she usually showed a serious demeanor in public, with sound judgment and smart, I treasured the way she could drop her usual stone face and exhibit her sly, subversive humor.

She was a warm loving friend whom I will sorely miss.

Kate Coleman

## Dolphin Club Building Fund

The Dolphin Club Building Fund was established in 1998 as a method to develop and maintain an additional source of capital for major building related projects. The Club established a "Dolphin Club Account," now with the San Francisco BayKeeper, 501 (c) (3) non-profit organization, which maintains the account under a written agreement with the Club. Over the 18 years of its existence, the members of the DC have donated monies to the Fund which have enabled the Club to renovate the Ladies locker room ('99), replace the Pier ('08), replace the lockers in the Ladies locker room ('10), as well as renovations in the kitchen. Without the generosity of the DC membership to the Fund, these major building projects could not have been undertaken absent significant increases in the Club dues. The current balance of the Fund is \$120K.





## Walter Haake

One day in the late 1980s, on a training run, Karl Walter Haake and Randy Pinetti rowed from San Francisco's Dolphin Club to Petaluma—and back—in a single day.

Haake, a real estate developer, was struck by the tranquil beauty of the Petaluma River and the potential of a few gritty industrial buildings along the waterfront. The next day, he learned the buildings were for sale. He transformed the metal structures that once housed an engine works plant into Foundry Wharf, an award-winning office and warehouse space that evokes the “neo-industrial cool factor made famous in San Francisco’s South of Market neighborhoods.”

Tall and robust, with a dry wit and booming voice, Haake gained his passion for architectural preservation from his father, Otto Haake, who trained as a cabinetmaker in his native Germany. Walter He paid for the construction of the Dolphin Club’s Whitehall *Wanderer* and dedicated it to his father.

In Petaluma, Haake built a dock, available to rowers,



*Whitehall built by Walter Haake to commemorate his father*

and granted the only public access to the river south of the town’s Turning Basin.

Haake and friends frequently took the *Wieland* across to Sam’s in Tiburon. One week after completing the Petaluma run, he and Pinetti competed in the Catalina Channel Rowing Derby completing the crossing in eight hours in a borrowed plastic boat, one of only 14 out of 41 teams to finish.

## What was the San Francisco Rowing Club?

If you feel cramped now, try to imagine the Dolphin Club without the women’s locker room, the Sancimino room, the Zahler boat house, driveway, and the shed for power boats. Less than ten percent of our current members can remember when the San Francisco Rowing Club occupied all that space. Only some stubs of old pier pilings remain.

The SF Rowing Club had a strong beginning as the Ariel Rowing Club, established on June 17, 1872. It quickly became a major force in the popular sport of competitive rowing on the Bay. Henry Peterson, the most famous local oarsman of the 19th century, raced for the Ariel Club. Another member was Al Rogers who built our handsome six-oared barge *Wieland* in 1887.

During the first three decades the Ariel Club operated at several locations in Mission Bay. Then in 1908 the Ariel was forced to rebuild on the west side of Black Point Cove (now Aquatic Park) alongside the Dolphin Club and the South End Club. In 1927 the three clubs were moved to the foot of Larkin Street, and then in 1938, the clubs were finally moved to their present sites.

By 1950 Ariel had been renamed the San Francisco Rowing Club. Public interest in rowing ebbed following WW II. While other clubs adjusted, the SF Rowing Club gradually lost its athletic purpose and was rented out for minor social functions. They had only 14 members in December 1976 when their lease with the City was terminated because they objected to woman members and public access. Final eviction was in 1978.

Soon afterwards the Dolphin Club reached an agreement with the City to expand into the defunct property. Preliminary work had begun when a fire broke out on the evening of November 21, 1980. The blaze, believed to have been set by transients, destroyed the old Club and caused considerable fire and water damage to the Dolphin Club.

The following decade was extremely busy with insurance, permits, plans, reviews, approvals, and finally construction. The new Dolphin Club annex was finally dedicated in the Spring of 1991.

For more info, watch a short slideshow about the Dolphin Club 1980 Fire on [YouTube](#).

*Richard Cooper*



*The old Aerial Club to the right of the Dolphin Club*

# Pia's Fear

## How I Finally Got Out of the Cove

Pia Hinckle

On Mother's Day 2015 I was sitting at the bar at the Buena Vista, enjoying a second round of Gin Fizzes and thinking about how I got there-- celebrating my first Bay Bridge swim-- when a little more than a year before I was a 20-year club member who had never swum outside of the cove, who could barely swim past the third buoy without having a panic attack.

It had been a long journey. We have all had our occasional scares while swimming in the cove, but few of us have to continually greet panic when we swim. Fewer still talk about it. For those of us who are casual swimmers, the club swims can seem intimidating and something only "real" swimmers do.

In 1995, I began swimming regularly with my buddy Rona Michele Spiegel. Lou used to call us the "Bobbsey twins" with our matching racerback wetsuit shorties. I found the sidestroke to be perfect for chatting, seeing where I was, monitoring for danger, and easy breathing. I was a nervous swimmer, with a history of panic attacks. Many years earlier, at age 5, a sleeper wave caught me, my mom, and my 3-year-

old sister at a Sonoma County beach and we were almost washed out. For a year afterwards I refused to go to any beach. Rosa and I worked up courage for the Crazy Cove swim. I pushed myself, swimming sidestroke,

FruitGuys, in our kitchen. Then I was pregnant again with twins.

After their birth, I experienced postpartum depression. I tried to swim but began having panic attacks. As soon as I felt a rush of adrenalin from the cold, I was seized by a pounding heart and an unbearable fight or flight response. It was terrifying. I thought I was going to die and drown, I'm not sure in what order. Sometimes I couldn't even get past the end of the pier. For the next ten years, I would swim only on the warmest days, and only as far as I felt comfortable. I felt a great and weighty sadness that my brain was betraying my love of the ocean. Why was I no longer the fearless girl who had sailed tall ships and swum with sperm whales? Would I ever be like that again?

### *Dreaming of Alcatraz*

In the back of my mind was this dream of doing the Alcatraz swim. I hoped that someday I could master my panic but had no idea how. For my 40th birthday I signed up for a Total Immersion swimming workshop. I learned a beautiful meditative

form of swimming the crawl. I practiced the technique often in the pool, but couldn't manage to transfer it to the bay. The cold--and my fears--kept me in sidestroke mode for nearly ten more years. Alcatraz had never seemed further.



*Pia Hinckle the day before going into labor.*

backstroke, and breaststroke--in between thinking I would die.

Then Life intervened. I got married, got pregnant, and swam until the day before I went into labor. In 1998 my husband Chris Mittelstaedt started our family business, The



When I turned 49 I decided I had finally had enough of being scared of something that I loved. I figured I was going to die anyway, so I wanted to challenge myself to go beyond my (mostly self-imposed) physical and mental limits. But how? Over the years I had created a complicated maze of safety behaviors that limited my swimming.

I realized that I needed to focus on one small step at a time so as not get overwhelmed by the void, the distance between where I was starting from (the third buoy) and where I wanted to be (Alcatraz). First I set a Specific Goal: I chose Gas House Cove for my first swim. Maybe it would be enough to satisfy my out-of-cove cravings. When you start talking to athletes, and especially endurance athletes, you learn that their mental attitude is key. Suzie Dods, Kim Chambers, Laura Zovickian, and others shared their tips, stories, and encouragement. The ability to persevere through difficult moments, find resilience after failure, and go beyond your comfort zone can apply to all of us. So how do us regular folks learn to bring these concepts into our lives? There are many paths, but for me it was working with a coach.

Leslie Thomas was finishing her masters and had also started a life coaching business. We reconnected and began having weekly coaching sessions by phone. We would talk about my swim training plan (adding 2 minutes in the water to each swim) and the logistics of the upcoming swim. But mostly we would talk about my fear. What, exactly, was I afraid of? What does “it” feel like? What triggers that feeling? What happens when the panic feeling passes? What old “habit beliefs” might be interfering with changes I wanted

to make? How could I be kinder to myself?

I started a swim journal, noting my time in the water, water temp, currents, and where in the cove I swam. I read *Fear: Essential Wisdom for Getting through the Storm* by Zen master and Buddhist monk Thich Naht Hanh, which examines the origins of fear and offers practices to greet it like an old friend, instead of a dreaded invader; and “Open Water Swimming Manual: An Expert’s Survival Guide for Triathletes and Open Water Swimmers” by swim legend Lynne Cox.

In the cove, I learned that in the cold water my body went through several rounds of acclimation (at about 7, 11, and 25 minutes) that were trigger points for my fear. I was getting stronger too, and if I returned to shore after a scare I would feel like I had been cheated. Instead, I found that if I could gently greet my fear and just keep

pre-swim breakfast and that electrolyte jelly beans were great pick-me-ups right before getting in the water.

To work with this fear, I developed mantras and used visualization. My swimming mantras became: I Can Do More Than I Think I Can. I Will Be Kind to Myself and My Fear if It Comes. Just Keep Swimming. And Enjoy. Before entering the water I would remember Lou’s advice: “Just look it in the eye and go” and “You’re gonna love it.”

I walked and drove the route from Gas House cove to the club and noted all the landmarks I would see from the water. I visualized swimming into the cove from the bay and up to the Dolphin Club beach and getting my timing stick.

The morning of the Gas House swim I woke up before dawn and had my usual bowl of oatmeal with banana, dried apricots, and walnuts. I had worked up to a 60-minute swim and



*Pia with her husband and children celebrate an out-of-cove swim.*

swimming another 10 or 20 strokes, I could come out the other side. I experimented with food and found that a big bowl of oatmeal was the perfect

tapered off the week before to conserve my energy. It was a beautiful morning with no wind and the sun was rising over the east bay hills.





*Finally, the big one*

My goal was to not die, finish, and have fun. I hung back to let the fast swimmers get out in front and made my way, side-stroking, out of the marina and into the open bay where I found pilot Roxy Pfifer waiting for me with a smile and a wave. As we started east with the current, I had a wave of unease with a rush of cold. I kept breathing and counting strokes. Roxy on her surf paddleboard was smiling and telling me how great I was doing. When I looked up, I realized that I was already at the 3rd Ft. Mason Pier. Halfway already! Swimming with the tide was a revelation. Suddenly I had to swim harder to get inside the opening. Now I could see the beach! I could hear my family, yelling "Go Pia!" "I did it!" I yelled.

The comradery in the crowded sauna, the delicious breakfast, the presentation of the coveted trinkets to helpers, pilots, and lastly, swimmers, brought the experience from personal goal to family gathering. The most surprising thing was how I felt afterwards. Amazement, joy and satisfaction at having swum through my fear. I was wondering, hmmm. *What's next?*

How about Pier 39? I was still crazy nervous but I wanted that feeling again of having made it out of my comfort zone and come back. I side-stroked out of the marina and connected with Nancy Friedman,

piloting in the purple kayak. Side-stroking I was able to enjoy the view of the waterfront where I had spent most of my adult life and chat with Nancy about people we knew in common in the writing/journalism world. "I can't believe you are talking with me during a swim," she said laughing. I finally settled down and focused on my

swimming and the view.

I still struggled with my fear and the pre-swim anxiety, but, finally, I decided to stop giving so much weight to that voice that was undermining my confidence. Fuck Alcatraz, I was going to take one swim at a time. "Suddenly decided to stop questioning myself and doubting. I can do more than I think I can. I will be kind to myself and my fear. I want to have that feeling of doing more than I thought I could," I wrote in my swim journal in May 2014. I signed up for the Over 45 swim and the Baykeeper Swim from the Bay Bridge to AT&T Park and completed both.

Next I signed up for the Golden Gate. I barely slept the night before. I asked Miguel Melendez to look out for me.

Once in the water, it was crazy, with water coming in my mouth from all directions. I found Miguel in his kayak and suddenly was staring up at the quickly approaching south tower. Yikes! I side-stroked like a bat out of hell. Miguel went off to check on other swimmers, and suddenly I felt like I was all alone out there.

Just Keep Swimming! Ziggy Stardust soundtrack running through my brain. I even managed to do some crawl. And then, there it was, the guano rock and a Dolphin boat!

By the time I signed up for the Alcatraz swim I was able to let go of most of my attachment to the outcome. If I had to raise my hand, I would. And I would enjoy it. With no set pilot, I jumped in and set off side-stroking for the masts of the Balclutha. I needed something to keep my mind focused on the rhythm. I started saying Hail Marys, it just felt right, and sighting at the end of every second prayer.

The last two years have given me a new appreciation for the club swim calendar, which is designed to build swimmers' strength and confidence to progressively longer and more challenging swims. But what's not captured in the annual list of events is the love: we really do take care of each other. In all the fears that I had during my swims, safety was never one of them because I know how seriously the swim commissioners, pilots, and other swimmers take care, watching out for their fellow Dolphins. If you are a member who has never experienced the magic of the open bay, I'm here to tell you not only can you do it—but you shouldn't miss it.

*Pia Hinckle is the publisher of The FruitGuys Magazine, in which a previous version of this story appeared as "Facing Fear and Getting to a One-Mile Swim."*



# Antone Gelardi: Member since 1941

This is only the third time in the history of the Dolphin Club, that someone has been a member for 75 years.

It was 1940 and a sixteen-year-old Antone Gelardi was persuaded by his older brother, Gus to join the Dolphin Club. He liked the idea of the rowing and especially handball, but he wasn't much of a swimmer. Local fire captain Herb Durham, a leading figure in the club, took Antone under his wing.

"There used to be a city garbage barge moored about 40 feet or so off the beach. Herb rowed out there and

to become a machinist repairing planes, then off to the naval air force base in Norfolk Virginia.

"When I got back, I was offered a job with United Airlines, but I'd have to leave town, and I'd only just got home." Instead he went to work at a local mattress factory near his home on Lombard Street. When that closed, he became a baker.

Antone spent much of his free time at the club. "I swam the Golden Gate in '49, '50, '51. One year my 13-year old brother Lenny came in third." I was one of eleven kids, and many of my brothers and cousins joined too; there were six Gelardis in the club at one time." In 1948, Antone, brother Lenny and nephew Lenny were three of the six members of the Lightweight Crew entered into the Pacific Coast Rowing Championship.

"But handball was my favorite sport. Every Sunday afternoon we'd play for hours. Then we'd go upstairs, listen to opera, eat pasta, and play cribbage. I used to admire the old-timers—Jimmy Cronin, Lawton Hughes, Tim O'Shea, Henry Mazetti (Squeaky) and the Gevononi brothers—and now I'm an old-timer myself."

His club activities were interrupted after he was hit by a van. "A delivery truck came up on the sidewalk and dragged me for quarter of a block, but I don't remember that. I was in a coma for three days. The doctor had given me up. Then I opened my eyes and asked for coffee and doughnuts."

"I left San Francisco in 1966 after I was offered a good deal on a house in San Jose--\$200 down payment--and got a job with a bakery. I've stayed here for 49 years.



*Antone today*

I didn't go back to the club for many years, but now, encouraged by my wife, I get up at least once a year for the Old-Timer's dinner or to walk around and go to the beach."



*Antone Gelardi completes a Golden Gate Swim circa 1950.*

told me to swim to him. I just made it, and wanted to climb aboard, but he made me swim back. A few days later he piloted me a bit further and the third time he wanted me to go round the cove. And then it was twice around."

Within two years he was in the Navy stationed in Tennessee learning



*Handball winners in 1949*

*Top row Left to right Antone Gelardi and brother Carl Gelardi*

*Bottom row Left to right Leonard J Gelardi, nephew and Leonard P Gelardi, brother*



# A Wall too Close

Christopher Heim



**CRACK:** the sickening sound of our carbon fiber hull giving way, instantly going limp and fragile as a broken limb only 30 feet from the seawall, where 5-foot waves threatened to smash shell and skull alike. We weren't ready for it.

You won't be ready when your emergency strikes either, but it is our hope that by sharing our story among the community we can all be better prepared, and safer, when the unexpected comes our way again.

At 07:15 on February 24, Thomas Lemmin and I left Aquatic Park in the Maas Double Cormorant for a McCovey Cove run. It was a clear morning: air and water temperatures both in the mid 50s, a waning ebb and northerly winds of about 5-10 mph with choppy conditions along the exposed

SF shoreline and waves of one-to-two feet for much of our proposed course.

On the return journey from McCovey, we approached Pier 39 on a tight line about 30 feet from the seawall. The water was bad: 3-foot waves reflected off the seawall in a confused cauldron of true awfulness. A wake from some large vessel pushed the waves up to about 5 feet. The first pass of the wake filled our boat to the gunnels, making us heavy enough that our hull was deep within the waves. The confused wake reflection then did us in: separate wave action on the bow and stern, both completely submerged, was more than the hull could handle, and it cracked cross-sectionally, port and starboard just behind the stroke seat. **CRACK.**

At this point, time accelerated: little

time to think; have to act fast. Being tossed about in the continuing 5-foot waves, our boat gave the impression it would snap in half, leaving us... God knows where that would leave us. We saw the entrance to the sea lion harbor about 150 feet to the west, and made a quick call: we'd jump out of the boat before it sheared completely and swim on the ebb into the harbor.

**SPLASH.** Into the cold water we went, but we immediately realized the tide had turned (before slack at the Golden Gate!) and we faced a flood far stronger than we could hope to swim against. Drifting closer to what seemed a certain death against the seawall, we put Thomas in the bow seat to row while I hoped to cling to the boat as he propelled us both to safety. He



*Lesson two: if anyone is in the water and they didn't plan to be: it is a life-threatening emergency, until they are out.*

grabbed the oars. Took a stroke. Two. I couldn't hold on. Instantly I was 30 feet, then 40 feet, astern. I took a few frantic strokes: futile.

Now is where the dangerous part of the story begins: mostly from the few critical decisions we made next. We made the wrong calls, but still lived. Please learn from our mistakes.

We somehow decided in the din and confusion that Thomas would get the near-sinking boat into the harbor, and I would swim around the east end of the seawall into the marina. This was the single worst decision I have ever made. It seemed reasonable at the time: I didn't want to get smashed against the seawall; the boat was barely afloat; I'm a strong swimmer. No time, act fast, don't get smashed. Just swim around the end and you'll be safe.

Though I'll go over what we learned in conclusion, here's one big lesson: everyone stays with the boat, no matter what.

At this point a large working vessel spotted us and motored towards me. When they arrived they asked over a loudspeaker. "Are you OK? Raise two hands if you're OK." I thought I was OK, so I raised two hands, which prompted the response: "All right, have a nice swim!" Then they left. I didn't really feel good about that, but I wasn't scared enough to freak out and stop them either. I'm very comfortable swimming a half-mile, mile, or more. I was just going to swim in

and it would be no big deal.

Lesson two: if anyone is in the water and they didn't plan to be: it is a life-threatening emergency, until they are out.

So I swim. Ten minutes in: I'm getting VERY cold, and I realize something could go wrong. What if the current is against me at the Marina entrance? I'm not gonna last long in this water, and there is no other option within a mile. The reality of the situation suddenly sets in: I AM NOT OK. I yell out loud: "I AM NOT OK!" There's no one there to hear it. I have a brief calm-down moment, and realize my only option is to swim. So I swim.

I make the marina, pull myself onto a sailboat dock, and after a brief stint as a barefoot, wet madman, get a lift from Pier 39 security to the club and am finally reunited with a visibly shaken Thomas (who sprinted back to the club for more help after calling 911 at Pier 39) and a ghost-white Rick Avery. The ordeal was over.

I went back on the water the next day with a new perspective on the dangers of open water rowing and the importance of boating safety. We made some bad calls, but were strong and lucky so came out just fine. It's my goal to work with the club leadership and all of our rowing

members to apply what we learned and make rowing safer for everyone.

*To that end here are a few things we learned:*

- Always stay with the boat. Thomas and I would have both been much safer and better off to stay with the boat. It's visible and offers flotation, even if broken. A lone swimmer is invisible and vulnerable in the bay. It's probably the most scared I've ever been. This applies if you're getting pushed toward the seawall, or have equipment failure in a shipping channel. Stay with the boat, ALWAYS.
- If a rower is in the water, it's an emergency until they are out. It doesn't matter if you're a strong swimmer, acclimated, or anything else. I didn't realize that I would go from being OK to not OK in a matter of minutes. Everything went right on my swim, but a little bit less luck and I could have easily died in that water.
- If you have equipment failure you need help. Never refuse help. You can ask someone to stand by to make sure you can get on your way.

## Kruit Painting Inc.

Pieter Kruit  
1400 Yosemite Ave  
San Francisco, CA 94124  
cell: 415-254-7818  
fax: 415-571-8610  
pieter@Kruitpainting.com



## Life Members with 50 or more years of membership



Bottom (left to right) Tom Gould (1956), Rudy DeMay (1959), Jimmy Vanya(1957), Antone Gelardi (1941), Walt Schneebeli (1948), John Davis (1965)  
Top (left to right) Dino Landucci Jr.(1948), Pete Bianucci (1962), Brian Gilbert (1968), Lew Cook (1962) Herb Madden

## Life Members 2016







*Photos by Colin Gift [www.flatstardesign.com](http://www.flatstardesign.com)*





## SWIM COMMISSIONER'S REPORT

**W**hat a winter! The water cooled and rain fell just enough to remind us that the winter season isn't gone forever. A couple events that stood out this season were Suzie Dods' 24-Hour Relay and Duke's 400-mile Polar Bear swim. Suzie has organized this event for three years straight and brought together a boathouse full of passionate swimmers and hall-of-fame open water swimmers from all over the globe.

Duke's monumental feat had him swimming 5.5 miles almost every day and coming close to completing the minimum PB requirement (40 miles) each week!

It's clear that lots of energy, dedication, planning, and willpower go into making these efforts a success. Caps off to both Suzie and Duke for pushing yourselves and inspiring those around you.

Before the 100 mile swim season starts on June 1, there are several club swims in April and May: Pier 39, Dick Beeler's Crazy Cove, Bay Bridge, and the Baykeeper Relay. All club swims are facilitated by volunteers and we encourage volunteering as a great way to participate and learn about the events. If you're new to swimming in the Bay, talk with others around the club about adequate preparation for these swims. Similarly, if you're interested in piloting be sure to sign up for the kayak and/or rowboat training. When you sign up to pilot a swim, recruit an experienced pilot to be your mentor for the morning.

This year, the Swim Commissioners are focusing on pilot training. It starts with Rowing Commissioner Jay Dean's wooden boat training and Terry Horn's kayak training. Many Dolphins have followed that up with training on the motorized craft training by Barry Christian and SERC's Jim Bock. This year we are adding US Coast Guard Auxiliary training to the mix in the form of an eight-week deep dive course and a two-day shallow dive course. Our pilots are crucial to the success and safety of our swims and we hope more swimmers and rowers will join our pilot roster this year!

Testing, testing

We conduct test swims to experience the conditions closest to swim day, to learn more about our Bay, and to make our jump times, briefings, and suggested courses more helpful to our swimmers and their pilots. Diane Walton has taken on the challenge of running the test swims. Everyone should offer a Big Thank You to former Swim Commissioner Doug James who led the test swims over the past four years. Thank You, Doug for four years of dedication to making club swims better and leading a great test swim program.

*Brendan Crow*

*Joe Marenda*

*Diane Walton*

*Swim Commissioners*

### NY Day Alcatraz Swim JANUARY 1, 2016

The SE Rowing Club ran New Year's Day Alcatraz, and they (maybe) will post the results of the swim. The Dolphin Club members, other than those helping with the NYD Cove swim, who helped make the swim successful, are:

**Pilots:** Marcus Auerbuch, Jon Bielinski, John Blackman, Lowen Cattolico, Barry Christian, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Jim Ebert, Nancy Friedman, Donald Harrison, Reuben Hechanova, Kelley Heye, Anita Holmquist, Terry Horn, Davis Ja, Douglas James, Liz Kantor, Margaret Keenan, Brian Kiernan, Will Kushner, Tor Lundgren, Anna Mackinnon, Mary Magocsy, Tom McCall, Jane Mermelstein, David Nettel, Rick O'Hara, Hal Offen, Will Powning, Eric Shackelford, Lance Starin, Elizabeth Tippin, Monica Towers, Diane Walton,

Connie Wellen, David Zovickian  
**Clothes Wranglers:** Lindzy Bivings, Chase Corum, Camille Cusumano, Anne Hamersky, Keira Koss- Baker  
**Swimmers:** list is the best we have been able to come up with. All listed swimmers completed a qualified swim towards the DC Alcatraz and DC Golden Gate swims.  
Peter Bartu  
Lindzy Bivings  
Ross Browne  
Bill Burke  
Laura Burtch-Zovickian  
Ward Bushee  
Bob Cable  
Robert Callan Jr.  
George Chamales  
Michael Connolly  
Ken Coren  
Charlie Cross  
Brendan Crow  
Danny De Leon  
Kathleen Duffy  
Joe Ferrero  
Krista Gager  
Patrick Grady  
Byron Harbour

Suzanne Heim  
Patrick Horn  
John Ingle  
Renee Kaufman  
Emily Kreger  
Tom Kuglen  
Aniko Kurczinak  
Mickey Lavelle  
Joe Marenda  
John Mattox  
Andrea Morgan  
George Morris  
Jon Nakamura  
Tom Neill  
Peter Neubauer  
Lisa Newman-Wise  
John Nogue  
Joseph Omran  
Holly Reed  
Gina Rus  
Ron Russ  
Stephen Schatz  
Basil Stamos  
Andy Stone  
Paul Vanhoven  
Laura Vartain Horn  
Sam Vilain  
Kevin Whalen  
Georg Wien

Andrew Willis  
Noah Zovickian  
*Thanks to all who donated to the Building Fund and the Youth Swim Fund*

### NY Day Cove Swim JANUARY 1, 2016

New Year's Day Cove swim was divided into 3 swims:  
Short: To the flag buoy and back, .5 miles  
Medium: To the opening, then the flag buoy, then back, .75 miles  
Long: Once around the Cove, 1.0 miles  
**Pilots:** Vincent Huang, Robert Mackey  
**Helpers:** Susan Allen, Michael Barber, Joni Beemsterboer, Peter Cullinan, Sue Garfield, Brian Gilbert, Anne Hamersky, Tom Hunt, Nancy Lange, Bri McCarthy, Daragh Powers, Neal Powers, Polly Rose, Susan Saylor, Janice Wood

DOLPHIN LOG SWIM STATISTICS									
Place	Course	Name	Time				Gas House Cove Swim FEBRUARY 21, 2016		
1	s	Mary Alex	17:25	40	Deb Sullivan	27:16	<b>Place</b>	<b>Name</b>	<b>Time</b>
2	s	Nancy Friedman	17:40	41	Holly Reed	27:28	1	Adam Eilath	15:48
3	s	Era Osibe	18:59	42	Robert Callan Jr.	27:31	2	Ryan Utsumi	16:10
4	s	Robin Rome	19:30	43	John Hornor	27:40	3	Luca Pozzi	16:25
5	s	Susan Lauritzen	19:54	44	Alex Buehlmann	27:48	4	Noah Zovickian	17:14
6	s	Mary Cantini	20:28	45	Jim Frew	28:06	5	Tim Smith	17:39
1	m	Will Powning	32:17	46	Jamie Robinson	29:18	6	Patrick Dinan	17:44
2	m	Joe Gannon	34:12	46	Peter Neubauer	29:18	7	Stephen Schatz	17:55
3	m	Stuart Gannes	38:08	48	Keith Howell	29:30	8	Randy Edwards	18:53
1	l	Ryan Utsumi	24:22	49	Michael Barber	30:20	9	Nicholas Egan	19:22
2	l	Morgan Kulla	30:27	50	Robin Rome	30:37	10	Tom Neill	19:28
3	l	Nancy Lange	30:38	51	Kathryn Werhane	31:21	11	Mauricio Prieto	19:35
4	l	Joni Beemsterboer	33:26	52	Byron Harbour	31:38	12	Andrew Braithwaite	20:02
5	l	Peter Cullinan	34:47	53	Will Powning	31:39	13	Anna Olsen	20:19
6	l	Michael Caniglia	36:14	54	Lee Hammack	32:18	14	Patrick Horn	20:20
7	l	Alex Buehlmann	38:29	55	Terry Keenan	33:06	15	Mickey Lavelle	20:34
Pier 41 Swim JANUARY 17, 2016				56	John Ingle	33:30	16	Krista Gager	20:42
<b>Place</b>	<b>Name</b>	<b>Time</b>		57	Arnie Thompson	33:45	17	Jason Prodoehl	20:45
1	Adam Eilath	17:02		58	Joe Gannon	33:50	18	Morgan Kulla	21:07
2	Noah Zovickian	17:36		59	Stuart Gannes	34:23	19	Megan Wachs	21:30
3	Suzanne Heim	17:39		60	Joe Illick	34:55	20	Charlie Cross	21:47
4	Luca Pozzi	18:09		61	Stan Baker	38:11	21	Paul Vanhoven	21:56
5	Lisa Newman-Wise	18:50		62	Suma Snehalatha	45:48	22	Alfred Seecombe	22:12
6	David Holscher	19:00		<b>Pilots:</b> Jean Allan, John Blackman, Ross Browne, Laura Burtch-Zovickian, Lowen Cattolico, Barry Christian, Brendan Crow, Paul DuBois, Kathleen Duffy, Michael Enright, Nancy Friedman, Reuben Hechanova, Nancy Hornor, Liz Kantor, Margaret Keenan, Brian Kiernan, Eric Lam, Joe Marenda, Tom McCall, Jane Mermelstein, George Morris, Alexander Mulder, Rick O'Hara, Hal Offen, John Robiola, Phillip Rollins, Alexander Sigal, Elizabeth Tippin, Ryan Utsumi, Diane Walton, David Zovickian <b>Helpers:</b> Rick Avery, Bill Burke, Andrew Cassidy, Cynthia Colebrook, Laura Croome, Peter Cullinan, Dotti David, Sue Garfield, Brian Gilbert, Sheila Gleeson, Lee Hammack, Suzanne Heim, Libbie Horn, John Hornor, Nancy Hornor, Tom Hunt, Gavin Jefferies, Wendy Katzman, Terry Keenan, Morgan Kulla, Susan Lauritzen, Loretta Madden, John Mattox, Jane Mermelstein, Michaelynn Meyers, Peter Neubauer, Hal Offen, Era Osibe, Jason Prodoehl, Gina Rus, Ron Russ, Anne Sasaki, Susan Saylor, Sibylle Scholz, Eric Shupert, King Sip, Janice Wood, Madhuri Yechuri, Ben Zovickian <b>Special Helper:</b> Andrew Shupert <b>Test Swimmers and Pilots:</b> Andrew Cassidy, Lowen Cattolico, Brendan Crow, Peter Cullinan, Kathleen Duffy, Joe Marenda, Hal Offen, John Blackman, Bob Cable, Jay Dean, Marianne Dean, Adam Eilath, Andrea Fabian, Douglas James, Liz Kantor, Brian Kiernan, Tom McCall, Tom Neill, Diane Walton			23	Rick Avery	22:22
7	Andrew Wynn	19:06					24	Aniko Kurczinak	22:24
8	Tim Smith	19:48					25	Dean Badessa	22:28
9	John Ottersberg	19:51					26	David Nosrati	22:51
10	Kate Webber	20:02					27	Terry Horn	23:22
11	Stephen Schatz	20:07					28	Gretchen Coffman	23:52
12	Randy Edwards	20:29					29	Peter Cullinan	23:57
13	Kala Sherman	20:31					30	Joni Beemsterboer	24:03
14	Jason Prodoehl	21:41					31	Nancy Hornor	24:28
15	Tom Neill	21:43					32	Monica Towers	24:34
16	Mickey Lavelle	22:09		33	Ron Russ	24:35			
17	Krista Gager	22:27		34	Lindzy Bivings	24:36			
18	Morgan Kulla	22:36		35	John Hornor	24:39			
19	Bob Cable	22:39		36	Bill Burke	24:43			
20	John Nogue	23:12		37	Gerard Navarro	24:49			
21	Andrew Braithwaite	23:24		38	Douglas James	24:56			
22	Paul Vanhoven	23:27		39	Maggie Lonergan	25:12			
23	Nancy Lange	23:28		40	Andrea Allen	25:15			
24	Danny De Leon	23:40		41	Kathleen Duffy	25:22			
25	Erik Cufino	23:42		42	Hal Offen				

# DOLPHIN LOG SWIM STATISTICS

60 Sheila Gleeson 35:46  
 61 Stan Baker 35:48  
 62 Suma Snehalatha 36:26  
**Pilots** Marcus Auerbuch, Peter Bartu, David Bennett, Jon Bielinski, John Blackman, Ross Browne, Laura Burtch, Bob Cable, Barry Christian, Matt Clark, Dotti David, Paul DuBois, Tim Dumm, Christian Ebersol, Jim Ebert, Hugh Foley, Davis Ja, Liz Kantor, Bryn Kass, Brian Kiernan, Will Kushner, Joe Marenda, Meredith May, Tom McCall, David McGuire, Flicka McGurrian, Miguel Melendez, Jane Mermelstein, Andrew Moffatt, David Nettell, John Nogue, Rick O'Hara, Joseph Omran, Holly Reed, John Robiola, George Shafer, Chris Tschinkel, Diane Walton, David Zovickian **Helpers:** Susan Allen, Lindsay Boswell, Andrew Cassidy, Matt Clark, Christian Ebersol, Randy Edwards, Nancy Friedman, Sue Garfield, John Henderson, John Hornor, Nancy Hornor, Tom Hunt, Keira Koss-Baker, Morgan Kulla, Mickey Lavelle, John Lennox, Jackie McEvoy, Pete Neubauer, Lorna Newlin, David Nosrati, Kevin O'Connor, Hal Offen, Anna Olsen, Era Osibe, Daragh Powers, Neal Powers, Jason Prodoehl, Jamie Robinson, Polly Rose, Ron Russ, Stephen Schatz, Sibylle Scholz, Alfred Seccombe, Eric Shupert, Andy Stone, Paul Wolf, Andrew Wynn **Test Swimmers and Pilots:** Bob Cable, Andrew Cassidy, Gabriella Cross, Jim Ebert, Jane Mermelstein, Joseph Omran, Holly Reed, Larry Scroggins, John Blackman, Charlie Cross, Jay Dean, Kathleen Duffy, Jim Frew, Brian Kiernan, Joe Marenda, Tom McCall, Tom Neill, David Nettell, Diane Walton

## Yacht Harbor Swim MARCH 20, 2016

Place	Name	Time
1	Adam Eilath	24:38
2	Ryan Utsumi	25:22
3	Andrew Wynn	27:05
4	Noah Zovickian	27:11
5	John Renko	27:22
6	Luca Pozzi	27:25
7	Christopher Wagner	27:43
8	Kevin Meisel	28:57
9	John Ottersberg	29:27
10	Ross Browne	29:36
11	Laura Burtch	29:41
12	Marton Siklos	30:39
13	Mauricio Prieto	30:43
14	Andrew Braithwaite	31:34
15	Tom Neill	31:42
16	George Shafer	31:50
17	Krista Gager	32:02
18	Anna Olsen	32:11
19	Bob Cable	32:13

20	Megan Wachs	32:30
21	George Morris	32:40
22	Charlie Cross	32:47
22	Mickey Lavelle	32:47
24	Kathleen Sheridan	32:55
25	Morgan Kulla	33:05
26	Julian Sapirstein	33:12
27	Duke Dahlin	33:26
27	John Nogue	33:26
29	Rick Avery	33:32
30	Bryn Kass	33:37
31	Nancy Lange	33:44
32	Jaron Ness	33:57
33	Joe\ Spallone	33:59
34	Keira Koss-Baker	34:10
35	David Nosrati	34:31
36	Aniko Kurczinak	34:45
37	Rich Haymes	34:53
38	Jay Adams	34:56
39	Peter Cullinan	35:22
40	Dean Badessa	35:28
41	Wolfgang Richter	35:51
42	Georg Wien	35:58
43	Keith Nelson	36:04
44	Joe Ferrero	36:38
45	Bill Burke	36:53
46	Aaron Rosenthal	37:09
47	Hal Offen	37:24
48	Robert Callan Jr.	37:26
49	Nancy Hornor	37:45
50	Denise Sauerteig	37:54
51	Ron Russ	37:58
52	John Hornor	38:06
53	Holly Reed	38:36
54	Andrea Allen	38:50
55	Maggie Lonergan	39:04
56	Peter Neubauer	39:16
57	Mark Lubiszewski	39:30
58	Deb Sullivan	39:40
59	Keith Howell	39:53
60	Lowen Cattolico	39:54
61	Robin Rome	40:00
62	Gregory Hicks	40:05
63	Janice Wood	40:14
64	Andrea Morgan	40:20
65	Andy Stone	40:38
66	Will Powning	41:00

67 Terry Keenan 41:41  
 68 Kathryn Werhane 41:56  
 69 Joe Gannon 42:44  
 70 Susan Lauritzen 44:06  
 71 Arnie Thompson 46:46  
 72 John Ingle 47:23  
 73 Sheila Gleeson 50:45  
 74 Suma Snehalatha 52:48  
**Pilots:** Marcus Auerbuch, Jon Bielinski, John Blackman, Todd Bloch, Barry Christian, Brendan Crow, Danny De Leon, Jay Dean, Marianne Dean, Tim Dumm, J.D. Durst, Cory Emerson, Michael Enright, Chris Heim, Terry Horn, Davis Ja, Jenn Jackson, Liz Kantor, Brian Kiernan, Gary Leong, Joe Marenda, Meredith May, Kent Myers, David Nettell, Rick O'Hara, Joseph Omran, John Robiola, Larry Scroggins, Monica Towers, Chris Tschinkel, Diane Walton, Ben Zovickian, David Zovickian **Helpers:** Susan Allen, Laura Atkins, Rick Avery, Deborah Baker, Andrew Braithwaite, Andrew Cassidy, Brendan Crow, Peter Cullinan, Joe Gannon, Sue Garfield, Brian Gilbert, Laura Grubb, Anne Hamersky, Byron Harbour, Rich Haymes, Suzanne Heim, Larry Heine, Gregory Hicks, John Hornor, Nancy Hornor, Joe Illick, Wendy Katzman, Morgan Kulla, Maggie Lonergan, Jackie McEvoy, Kevin Meisel, Jacqueline Merovich, Keith Nelson, Jaron Ness, Peter Neubauer, David Nosrati, Era Osibe, Daragh Powers, Neal Powers, Wolfgang Richter, Robin Rome, Polly Rose, Aaron Rosenthal, Ron Russ, Eric Shupert, Suma Snehalatha, Joe Spallone, Sue Taylor, Nihan Tiryaki, Chris Wagner **Test Swimmers and Pilots:** Andrew Cassidy, Brendan Crow, Peter Cullinan, Adam Eilath, Suzanne Heim, Joe Marenda, Lisa Newman-Wise, Joseph Omran, Ryan Utsumi, Jay Dean, Marianne Dean, Brian Kiernan, Tom McCall, Tom Neill, David Nettell, Diane Walton



Photo Davis Ja

*The Thayer returns to Aquatic Park*



# *It's all been said before*

*(From San Francisco Chronicle Sept 22 1877, the year Dolphin Club was launched)*

## *A Casual Glance at the Neighbors of North Beach*

Each bathing has become the popular pleasure of the people of San Francisco the present season more than ever before, and the choice stretch of sandy bottom at North Beach daily presents an animated scene at morning, noon and eve. For many years this has been the chosen resort of a class of chronic ablutionists, who would as soon miss their morning prayers as a plunge into the bay every day of the year. These professional bathers have become so cold-blooded and case-hardened that no conditions of weather would deter them from their favorite diversion, and they are capable of enjoying in their paradisaical attire the supreme delight of a siesta in the

### SHADY NOOK OF AN ICEBERG

Howbeit, whatever changes the atmosphere is subject to, the waters of San

Francisco bay vary kittle in temperature throughout the year, and the practice of perennial beach bathing in these waters is not so much of a strain on the nerves as might be imagined, when one gets the way of it. But since the prevalence of warm weather it has become a perfect mania with all classes.

Those now bathe who never bathed before; and those who always bathed, now bathe the more—evidently to cultivate a spirit of aquatic society. Several swimming clubs patronize the grounds

between Hyde and Larkin streets, and thousands of independent swimmers, flounders and floaters, including both sexes, invigorate their nerves and renovate their cuticle by immersion in

### THE CRYSTAL ELEMENT.

The water is changed twice daily, by a very excellent arrangement of the tides, and thus different classes who frequent the beach at their chosen times are thus saved any contaminating effects. At the morning hour of ablutions the aquatic levee is quiet, and the costumes in a manner charmingly picturesque. In the afternoon the attendance can be characterized as multitudinous, miscellaneous and mixed, and the aspect rather gorgeous than otherwise. The morning splash commences at early sunrise, and continues until 9 or 10 o'clock. Numerous carriages will then be noticed in the vicinity of the bathing grounds and a score or more of saddle horses, while hundreds find their way hither by the Clay Hill or North Beach and Mission railroads. The western section of the beach is mainly occupied by ladies and their escorts, and the mode of aquatic etiquette is maintained in its purity. The fashions in bathing attire are as varied as the costumes of all nations. In some instances, in a rare stroke of

### FEMININE GENIUS,

Positive grace and elegance is attained and their trip dripping from the briny flood as charming as the Nereids.\* But from a general average of the scene at the bathing beach, the feminine taste needs cultivation. Many of the costumes are simply abominable and force continually upon the reluctant spectator the ghastly reflection, how fearfully and wonderfully the species are made. As for the gentlemen who frequent the morning baths, a good proportion study taste and propriety in their attire; but many who intrude upon the full?-dress preserve exhibit a reckless abandon, if nothing else by the economy of their apparel—if such it may be termed—that is simply disrespectful. If the proprietor of the baths desire to maintain the popularity of his establishment he will need to correct this evil at once. It would hardly be tolerated on an open beach to which the public has access. There is no reason why, with the admirable and convenient facilities afforded and the equable temperature of the water, that the invigorating and delightful diversion of sea bathing should not be popularized in San Francisco to the fullest measure.

*Nereids: Goddesses of the sea. The contemporary reader would no doubt have known.*



*North Beach circa 1880*

# My 400-mile quest for the Annual Polar Bear Swim

Duke Dahlin

photo Bill Burke



*Duke swims by the buoy now renamed "The Duke."*

“**T**he Polar Bear Swim is an extreme swimming challenge held every winter in San Francisco by the Dolphin Club, a nonprofit athletic organization focused on swimming and water sports. The event begins with the challenge to clock in forty miles of swimming in the frigid Northern California ocean waters.”

If you can swim forty miles between December 21st and March 21st, and you are under 60, you are a Polar Bear. If you're over the age of 60 (an old goat) you only have to swim 20 miles. But there is always some hot shot that wants to go farther. I'm one of them--a 67-year-old goat. The record for distance swum, achieved by three people, so far, is 356 miles. Why do I want to beat the record? Why not! I come from a competitive background, and records are made to be broken. My goal is to swim 400 Polar Bear miles during this season.

I have been contemplating breaking the Polar Bear record for years. I decided this would be the year. My original goal was to swim 5 miles each day, breaking my routine into four segments. The first two are the same—a mile-and-a-half; they each take about 40-45 minutes. The

last two segments are also the same. I swim one mile and it takes about 30 minutes for each. My course is always the same. I swim down along the inside of the buoy line to the flag, and then back on the outside to the Oprah buoy. In between each swim I take 20-25 minutes to shower, sauna and a feed break to warm up.

People ask me how I can swim back and forth between the flag and Oprah without getting bored. I'm surprised. There's so much to see and think about while I'm swimming. My first thought when I jump in is to focus on technique. And every morning I get to witness a beautiful sunrise. I'm constantly on the lookout for other swimmers - especially at the flag where they love to hang out checking the thermostat. I'm watching the clouds, the birds and the people walking along the cove and I always have a song in my head. How can you get bored with all this activity going on?

At the end of the first two days of the Polar Bear (12/21 & 12/22), I had accumulated 10 miles, and took a 6-day Las Vegas vacation. Before I left, the water temp was 53F. When I returned, it was down to 51/52F and then dropped a couple more degrees

(49/50) a few days later. Ugh! What can I say, "the show must go on." For the next 9 days, I did the requisite 5 miles each day. But on January 10th, I caught this nasty cold. I tried to swim, but could only manage half a mile. I stayed out sick for 5 days. By then, I had already lost 11 days and was really concerned I wouldn't break the record. So, on my sick bed, I re-evaluated my goals and realized I would have to up the miles each day. I increased it to 5.5 miles each day. This doesn't sound like much but those half miles started to add up. They gave me the cushion I needed in case I got sick again, or some other crisis came along. I returned to the club on the 16th and never looked back. I completed 40 miles by January 4; 100 miles by the 20th; 200 miles by February 7, and 300 miles by the 25th.

Swimming down to the flag and the Oprah buoy can be dangerous. There's so much traffic now that the water is warming up (55F), and the wet-suiters are taking the plunge, especially on the weekends. The most likely place to crash into a swimmer is upon leaving the beach and coming around the first left turn. I try to be careful, however, just when I think



I'm in the clear...Not!  
So far, I've crashed into  
20 swimmers, one shell  
and the flag. Just in  
one day, I crashed into  
four swimmers. I've  
already crashed into  
David Bennett twice  
and Kim Chambers,  
Joe Illick and Jul-ian  
Saperstein once each. I  
still have another 100  
miles to go, so anything  
can happen between  
now and then. Just in  
case, I would like to  
apologize in advance  
to all swimmers, buoys  
and wa-tercraft.

One part of this  
journey that I have  
been enjoying is  
meeting new and old  
members in the sauna  
and having different  
conversations. You have  
the early birds who  
swim before sunrise,  
those who arrive with  
the sun, and then  
mid-morning and late  
morning swimmers. It  
can get pretty crowded  
in the sauna just after  
sunrise. Sauna conversations  
can be interesting and varied  
such as: Are you that crazy  
guy going after the PB record? The  
Republican and Democrat debates;  
Donald Trump's statements; the  
merits of different types of massages  
(Thai vs. Shiatsu vs. Rolf-ing); the  
Polar Bear Tradition; the Polar Bear  
Rules; swimming out of the cove;



photo Bill Burke

*Duke Dahlin. The most cheerful man on the beach every  
winter morning-all morning.*

Michael Weiner's trip to France; the  
Gashouse swim; the Thayer's arrival  
in the cove; water temperature, and  
much, much more! It's all great  
entertainment!

Sometimes, I have these fleeting  
negative thoughts questioning my  
reasons for setting a new record. But

once I've acknowledged  
the thought I let it go.  
The negative thoughts  
just float away once  
I get my head in the  
water, I'm on auto  
pilot, checking out my  
technique, how my body  
is feeling, getting into  
my stroke pattern. I start  
singing Somewhere Over  
The Rainbow, or the  
theme song from This  
Property Is Condemned.  
I see how the day is  
going, watching other  
swimmers, watching  
nature in its full glory.  
There's so much joy in  
my heart. The water is  
just incredible.

I tied the current  
356-mile Polar Bear  
record on March 6  
and expect to complete  
400 miles on 3/20/16,  
the date for the Yacht  
Harbor swim. I hope  
all the Dolphins who  
have supported me  
throughout my journey  
will be there at the end  
... in the water, or on  
the beach to celebrate

that final SPLASH!

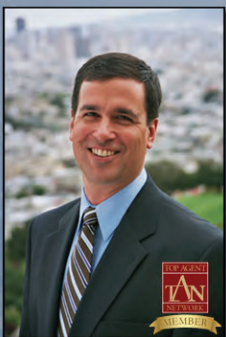
So what keeps me  
motivated throughout this  
journey? Support at home, Dolphin  
Club members and other friends who  
are rooting for me. They say it takes  
a village to bring up a child. I'm that  
child and I'm very thankful to get the  
support of so many people.

*Postscript – I did, and they were!*

**RICK AVERY** Your San Francisco Specialist

Proudly serving the Dolphin Club for 10 years!

(415) 710-5014



*Dedication* you deserve.  
*Experience* you can trust.

I'm ready to help you buy or sell your home.

Call me *today* to set up a free evaluation of your home's value!

The Avery Group  
Sotheby's International Realty  
info@rickavery.com  
www.RickAvery.com



# Standing Up for the Bay's Sand



Photo Robb Most & LightHawk Conversation Flying

*Sand dredger alive and well and living in the Bay*

What happens in the bay doesn't always stay in the bay. Case in point: Sand mining companies are digging up too much sand from the floor of San Francisco Bay, making erosion worse at San Francisco's Ocean Beach. The erosion threatens sensitive shorebird habitat, a major sewer line, and the Great Highway

Excessive sand mining causes harm inside the bay, too. One major sand mining area lies between the San Francisco waterfront and Angel Island, on the Dungeness crab migration route. Half-grown crabs crawl on the bay bottom toward the Golden Gate, on their way to the Pacific Ocean, where they'll live out their lives. With the crab season called off this year because of contamination with toxins from algae, sand mining dredge machines may compound the damage by suctioning up the young crabs' pathway. Other important species also migrate through this area, including sturgeon.

Sand is a natural part of the San Francisco Bay ecosystem. For

centuries, sand has flowed down from the Sierra Nevada, moved through the Sacramento-San Joaquin Delta, and washed into the bay, where it was joined by sand from other rivers and creeks. Some sand stayed in the bay, and some washed out the Golden Gate. Currents carried the sand mostly south, where it helped build up Ocean Beach and beaches down the coast.

A California government agency called the State Lands Commission provides leases that allow companies to mine sand from the bay floor. For decades, these companies have been allowed to pull up millions of tons of sand each year, far more than flows into the bay. The sand is an ingredient of concrete used locally for roads, bridges, parking lots and buildings. But alternative sources of sand are available.

Mounting scientific evidence connects excessive bay sand mining to coastal erosion. The 10-mile stretch between southern Ocean Beach and Point San Pedro near Pacifica is eroding faster than any other section of coastline in California, according to US Geological Survey scientists.



*Too much sand mining in San Francisco Bay makes erosion worse at San Francisco's Ocean Beach.*

But despite this harm, in 2012, the State Lands Commission approved a dramatic increase in the amount of sand to be taken out of the bay each year.

Baykeeper sued to stop this increase in sand mining. While our lawsuit moved through the courts, we urged regulatory agencies to put the brakes on the extraction of sand from the bay. The regulatory agencies cut it back by 25%, but that's not enough. According to the California Coastal Commission, to protect coastal beaches, a reduction of 85% is needed.

Sand mining isn't the only problem. Baykeeper is also challenging harmful dredging methods that rob the bay of sand and mud that could be better used to protect wetlands and wildlife habitat. (See "A Better Way to Dredge the Bay," Bay Crossings, August 20 15).

We fought our lawsuit against excessive sand mining all the way to the California Court of Appeal. Late last year, the court ruled that the State Lands Commission has to start over, and set new limits on sand mining, based on a duty to protect this resource for the public's benefit. Baykeeper hopes the commission will set sensible sand mining limits that protect important species and Ocean Beach. If they don't, we'll keep up the fight until they do.

Sejal Choksi-Chugh is the Executive Director of San Francisco Baykeeper. To report pollution, call Baykeeper's hotline at 1-800-KEEP-BAY, e-mail [hotline@baykeeper.org](mailto:hotline@baykeeper.org), or click "Report Pollution" at [baykeeper.org](http://baykeeper.org).

A version of this account first appeared in the *Baykeeper*.

*Sejal Choksi-Chugh*

Sejal Choksi-Chugh is the Executive Director of San Francisco Baykeeper. To report pollution, call Baykeeper's hotline at 1-800-KEEP-BAY, email [hotline@baykeeper.org](mailto:hotline@baykeeper.org), or click "Report Pollution" at [baykeeper.org](http://baykeeper.org)



What makes the Dolphin Club a truly unique and remarkable place is that we are a volunteer organization. Nothing gets done without someone first offering their valuable time. As President, I've had the opportunity to get a true sense of what it takes to run this place and how many folks contribute. I could not possibly begin to name and thank each and every individual but wanted to put a list together of the tasks that folks take on each and every day, week, month and year at the Club.

I'm sure that I will miss some areas but will do my best! In no particular order: Cleaning, cooking, kitchen maintenance, storage maintenance, organizing, emptying the trash, dumpsters in/out for trash days, boat night work, boat night dinners, boat maintenance, engine repair, donations, fund raisers, painting, mopping, sweeping, window cleaning, archiving, pilot training, kayak training, new member assimilation and tours, committee meetings/members (building, capacity, audit, government, ballot, building fund, boat, door access, cleaning, Public Relations, entertainment, happy hour, Youth Fund), lost and found maintenance, repairs of all kinds, lockers, data, Intro to Bay swimming, entertainment planning, Forums, Swim Program, Pilots, Rowing Program, handball courts, Life member tracking, tide chart, events, finances, collecting money, selling tickets, prepping for dinners, website, Yahoo Group, Facebook, Twitter, insurance, EFAT, DC/SE Tri, security, bartenders, food servers, rowing regattas, Dolphin Log, awards, Swim Across America, Baykeepers, MARE, SFIOFF, butt collectors, Shark Stewards, technology, communication, swag, trinkets, weight room, plumbing, carpentry, garden care, signage, Board members, Commissioners, photography, duck and bird care, and last but not least, Cleaning (oh wait, that is first on the list!).

A huge Thank You to all who give back to this beautiful Dolphin Club Community! "Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well". - Voltaire

*Happy Rowing and Swimming!*  
Rick Avery - Dolphin Club President  
2015 - 2016



## Boundaries

On February 24 Larry Scroggins spoke to a large (by DC Forum standards) audience on "Our Swimming Boundaries -- Time for a Change?" What follows is my summary of his clear and thoughtful talk.

Life can be joyful -- and precarious. Take, for instance, open water swimming. The Board of the Dolphin Club long ago attempted to strike a balance between pleasure and safety by defining a perimeter within which swimmers must remain (or suffer the consequences of temporary suspension or expulsion from the club). More recently, some lawyers and Board members, arguing that if "within the perimeter" defined safety, then the DC could be held legally responsible for accidents or deaths within that area; better to abandon the perimeter concept altogether and simply warn swimmers of the greater danger of out-of-cove (as opposed to within the cove) activity.

Furthermore, Larry observed, there has emerged a large but covert group of out-of-cove swimmers who will not be restrained by rules but whose doings are exposed, occasionally, by those who view in-the-cove safety as superior to out-of-cove pleasure, and who risk the consequences.

When the matter was recently brought before the Board, a majority of its members chose to stick by the rules already in place, a decision justified by safety (of the swimmers, though not necessarily of the club as a legal entity -- that remains a moot issue) and derided by the scofflaws as "paternalism" (it does seem like many of the out-of-covers are newer, younger members).

As some club members struggle with this so-far irresolvable issue, outside legal counsel is being sought, according to club president Rick Avery.

*-Joe Illick*



The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

PR ST STD  
U.S.POSTAGE PAID  
SAN FRANCISCO, CA  
PERMIT NO. 1020

## 2016 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	*New Year's Day Alcatraz
Jan 1	Fri 8:00 am	New Year's Day Cove Swim
Jan 17	Sun 9:15 am	*Pier 41
Jan 30-31	Sat/Sun 9:00	24 hour cove relay
Feb 14	Sun TBD	Old Timer's Lunch
Feb 21	Sun 7:45 am	*Gas House Cove
Mar 13	Sun TBD	McCovey Cove Regatta
Mar 20	Sun 7:45 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 10	Sun 6:30 am	*Pier 39
May 7	Sat 8:15 am	*Dick Beeler Crazy Cove
May 14	Sat TBD	Rowers Dinner
May 22	Sun TBD	Baykeeper Relay
May 28	Sat 7:45 am	*Bay Bridge
Jun 1	Wed 5:00 am	100-Mile Swim Begins
Jun 4	Sat 9:30 am	*Crissy Field
Jun 19	Sun 10:00 am	*SE/DC LGBT Pride Swim
Jul 2	Sat 8:15 am	*Fort Point
Jul 16	Sat TBD	*Trans Tahoe Relay
Jul 17	Sun 9:00 am	*Coghlan Beach (fun swim)
Jul 30	Sat 6:30 pm	*Doc Howard Over 45 Gas House Cove
Jul 30-31	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 7	Sun 4:00 pm	Under 30*/Under 45* Cove Swim
Aug 27	Sat 9:10 am	Joe Bruno Golden Gate
Sep 3	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 10	Sat 8:10 am	Alcatraz
Sep 24	Sat 7:50 am	Escape from Alcatraz Triathlon
Oct 1	Sat 12:00 pm	Walt Schneebeli Over 60 Cove
Oct 15	Sat 8:45 am	Dolphin/South End Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 12	Sat 6:00 pm	Pilot Appreciation Dinner
Nov 24	Thur 9:00 am	Thanksgiving Day Cove
Nov 25	Fri 5:00 am	Grizzly Bear Challenge
Dec 17	Sat 8:45 am	New Year's Day Qualifier
Dec 17	Sat TBA	Holiday Brunch
Dec 21	Wed 5:00 am	Polar Bear Swim Begins
Dec 31	Sat 11:00 pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

These Saturdays as 9:00 am

January 23, Saturday

February 20, Saturday

March 19, Saturday

April 23, Saturday

May 21, Saturday

June 18, Saturday

July 23, Saturday

August 20, Saturday

September 24, Sunday

October 22, Saturday

November 19, Saturday

December 17, Saturday

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
  2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
  3. Swimmers are required to wear orange caps on all scheduled swims.
  4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
  5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
  6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
  7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
  8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
  9. Swimmers must register during check-in and attend the swim briefing in order to swim.
  10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least two swims.
  11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile



SUMMER 2016

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



# Once 'Round the Cove

## Dolphin Log

Keith Howell, *Editor*  
Joe Illick, *Editor*  
Sunny McKee, *Graphic Designer*  
Andrew Cassidy, *Swim Stats*  
Story Rafter, *Proofreader*

## Contributing Historian

Walter Schneebeli

## Published By

The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109  
[www.dolphinclub.org](http://www.dolphinclub.org)

## Board of Governors

Ken Coren, Andrea Morgan,  
Jane Mermelstein, David  
Zovickian, Lisa Newman-Wise,  
Joe Marenda, Davis Ja, Charlie  
Cross

## Officers

Rick Avery, *President*  
Diane Walton, *Vice President*  
John Ottersberg, *Recording Secretary*  
Janice Wood, *Financial Secretary*  
Sibyelle Scholz, *Treasurer*  
JD Durst, *Boat Captain*  
Darcy Blake Wettersten, *House Captain*  
*Swim Commissioners* Joe  
Marenda, Diane Walton,  
Brendan Crow  
*Run Commissioners* Chris  
Tschinkel, Natazha Bernie  
*Rowing Commissioner* Jay Dean

**Cover:** Suzanne Heim-Bowen  
*steps tentatively into the Bay near  
Golden Gate Bridge.*

## Printing

MC Printers  
Prepress  
Royce Color, SF

## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Plan Your Work. Work Your Plan

### *Pax Beale 1929-2016*

*Sophie Taggart*



The celebration for Pax's life was held at the Dolphin Club on July 23rd.

It was the perfect venue as the Dolphin Club is where Pax and I met 33 years ago.

While most members think of the Club for swimming and boating, the weight room became the ground for our relationship to grow and flourish.

Looking out at the club's spectacular view of the Golden Gate Bridge, we spent many romantic Friday evenings training diligently to develop our physiques

to compete in bodybuilding contests as well as create the format for Pax's back rehab program for himself and others.

Pax's philosophy of 'Total Commitment' is familiar to many. Whether it was swimming from or around Alcatraz, running to the top of Mount Whitney from Death Valley, organizing running events, developing a new company, inviting friends to watch a sporting event....he was

able to visualize meeting challenging situations, establish the necessary steps by writing out a plan, and move forward to implementing it. "Plan your work--work your plan" was always his motto.

For Pax, the striving was success....the results in the end were less important. He was always full of purpose, recognizing there was work to be done, and he wanted to participate as completely as possible.

Obstacles were not seen as barriers by Pax; rather as opportunities to be creative

and learn what was needed in order to go 'onward and upward'.

As Pax's cancer progressed with the accompanying weight loss and weakness, Pax continued to show up at the gym and methodically go through his workouts until three weeks before his death. He focused on completing his predetermined number of sets per muscle group rather than his loss of strength; he viewed his weight loss as the muscles becoming more defined rather than physical deterioration.

His ability to focus on the positive and 'commit,' along with his friendliness, humor, optimism, intelligence, and discipline will always remain an inspiration to many.

I am deeply grateful to have shared so many wonderful experiences with Pax and to the Dolphin Club for always being available...no matter what condition any of us are in.

A special thank you to the members, especially Robin Rome, who volunteered their time to make Pax's celebration a memorable event.

I have known Pax - my friend, landlord and sometimes mentor - for over 20 years. I met Pax at the Dolphin Club in the weight room and could not help comment on his batman type spandex outfit from whence flexed his huge biceps and body builder frame on his six foot plus body. His voice volume was always turned up and his steady gaze held one's eyes. You had the feeling you were being examined by a man who, you somehow knew, was going to enhance who you were; and so it was. I learned over the years that Pax contributed to the growth of many. He carried with him a can do attitude which he instilled in those around him. A man of accomplishment and success, he had a sincere desire to bring you along on his victory train. He was always mindful of Sophie, his wife whom he adored and considered his major crown. His legacy is wrapped into many of the lives and charities that continue. I suspect somewhere in the Universe Pax is bringing others to a higher level within themselves and, of course, by doing so he will continue to be blessed.

*Rey Hassan*



## Dolphin Club Building Fund

The charitable arm of Melaleuca.com, the largest online wellness shopping club in North America, supports the Baykeeper and the Dolphin Club Building Fund. To date it has contributed \$8,175 to the fund.

Melaleuca manufactures over 500 everyday products from sports nutrition to green cleaning products. The membership-based shopping club allows customers to purchase at a 30% - 50% discount. The Building Fund receives a commission on every order. To learn more enter the link: [www.melaleuca.com/dodi](http://www.melaleuca.com/dodi).

*Dodi Marosi*

## Stopping Bay Pollution One Boat Patrol at a Time

*Sejal Choksi-Chugh*



*Baykeeper patrols San Francisco Bay in a 24-foot boat, looking for signs of illegal pollution*

From the deck of Baykeeper's 24-foot patrol boat on San Francisco Bay, we saw large black piles of petroleum coke looming along the Richmond shoreline. One pile was much higher than a low wall that barely held it back from the bay. Coke was accumulating near the top of the wall, ready to fall into the water. Above the piles, a giant conveyor belt transferred the material into a huge ocean-bound ship, with coke dust escaping from all sides. And black particles were slipping down between the wooden slats of the loading dock, into the water.

The threat to San Francisco Bay's health was evident. Petroleum coke is a toxic byproduct of oil refining. It gets exported and burned for fuel in nations with less protective air quality laws. It contains heavy metals and dangerous compounds that, when dumped into the water, harm fish and wildlife.

Once a week, Baykeeper patrols San Francisco Bay, looking for signs of illegal pollution and following up on tips received on our pollution hotline. No other organization or local government agency proactively searches for pollution from a boat in the bay. Our small nonprofit organization has filled this role for more than 25 years.

We investigate from the water because many sources of pollution can be difficult to detect from land. Much of the bay's shoreline, especially in industrial areas, is inaccessible to the public. And for Baykeeper, finding pollution is the first step toward stopping it.

Once we saw the coke piles, Baykeeper took the next steps. We researched the facility and learned it was a bulk shipping terminal that handles other toxic products, including coal. Staff members went back to the terminal when it rained and collected samples of rainwater that ran off the site. Lab results showed that the samples contained toxic metals many times over EPA pollution limits.

Next, we notified the company of its

pollution problems and filed a lawsuit against them for violating the federal Clean Water Act. The result was a legally-binding agreement requiring the terminal to invest over \$1 million to implement extensive pollution controls to protect San Francisco Bay from contamination.

In three locations where rainwater runs off the property and eventually into the bay, the company agreed to install high-quality advanced water capture and treatment systems. In addition, they changed practices to use only closed conveyors to load toxic materials onto ships. The wooden dock is now completely sealed. Piles of coke and other materials are required to be kept lower than the boundary walls, with water misters to control dust.

For the next few years, Baykeeper's job will be to ensure the facility is complying with the pollution control agreement. During the winter rains this year, samples of water running off the site showed big reductions in pollution. To learn more about Baykeeper and support our work, visit our website at [baykeeper.org](http://baykeeper.org). And see you on the bay! *Sejal Choksi-Chugh is the Executive Director of San Francisco Baykeeper. To report pollution, call Baykeeper's hotline at 1-800-KEEP-BAY, e-mail [hotline@baykeeper.org](mailto:hotline@baykeeper.org), or click "Report Pollution" at [baykeeper.org](http://baykeeper.org).*

Baykeeper would like to wholeheartedly thank the Dolphin Club and its membership for their support of the 2016 Baykeeper Bay Parade and Golden Rivet swim. The competitive swim portion of the event -- the iconic 6.5 mile solo and relay swim from the Golden Gate to McCovey Cove -- was a huge draw and made the overall event a tremendous success, with over 200 participants on the water swimming, kayaking, paddling, and boating. With your help, we were able to fundraise and secure donated goods that totaled over \$100,000. And all of that funding will go directly to support Baykeeper's work to stop oil, sewage, trash, and microbeads pollution in the Bay, making it healthier and safer for swimmers. The event was a huge success because of the support of the Dolphin Club, and for that, we extend our deepest gratitude.

*Congratulations to Suzanne Heim-Bowen, our first solo Golden Rivet Award winner!*

*Jeff Russell*

# Hidden Histories Before Open Water

Joe Illick

I frequently encounter Scott Anderson early on a Sunday morning in the sauna, before he



*Scott off the mound (post Ohio State)*

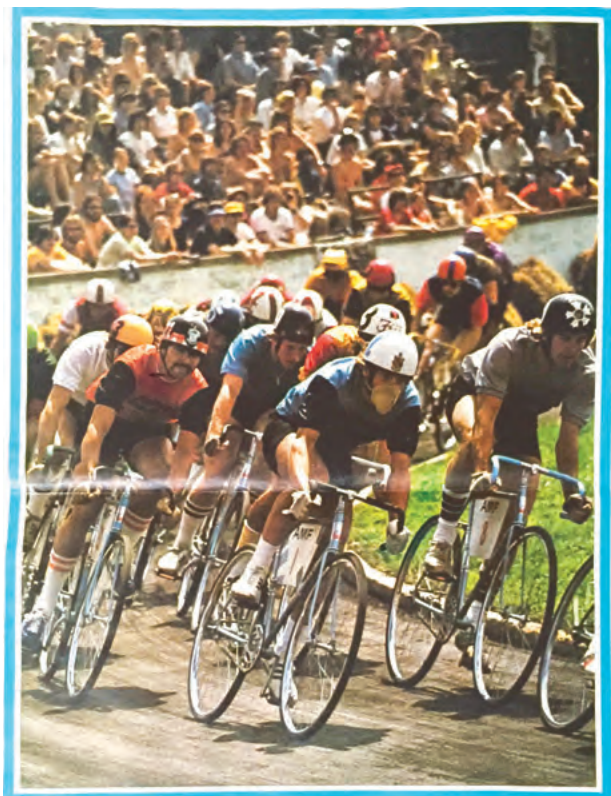
tees off for his usual game of golf and I settle into the New York Times. When I recently observed that I hadn't seen him in a few weeks, he confessed to having been back to his alma mater, Ohio State, where he ran into Rich Cooper, who shares the collegiate fealty with him. In fact, they both played baseball in Columbus, which is why they were there. We agreed the coincidence was amusing, but on reflection I thought that there must be many Dolphins with athletic pasts that the rest of us are unaware of.

In fact, Scott and Rich put in about five years at the DC in nearby lockers before discovering they had both battled for the Buckeyes, Scott six years later than Rich. Both were pitchers (Rich a relief man) and both got to play with and against future major leaguers. But it was Scott's 1966 team that won the NCAA national championship (the previous year his team was second), the only Ohio State gang that did – and the last Big Ten school to

win the college world series.

So Scott's college team was being honored on May 7, as was Rich's Bexley, Ohio, high school team earlier in the day, the best in the school's history (and Rich's ten wins in a season is also the top). Scott was an All Ohio pitcher at Grove City (OH) High School, and was selected to play pro ball after college but choose to finish veterinary school. Rich graduated with an MSc degree in chemical engineering.

If baseball was the national pastime of a rural nineteenth century America, basketball captured the motion of the urban twentieth: less space, more action. Mark Gustin played water polo, volleyball and basketball at Madeira (CA) High School, and it was the latter activity, which caught the attention of Fresno State, where he played varsity basketball and was on the 1983 team that won the NIT tournament at Madison Square Garden. From 1986 to 1999 he played professional ball



*Mark McKee breaking away*



*Mark dunking for Fresno State*





*Rich in the bullpen*

national television,” he adds), followed by play in leagues at JCCs and YMCAs through his twenties and thirties. Basketball, he notes, “was part of my identity. It was crucial to my physical, social and emotional health ... open water swimming considerably eased the physical and emotional weaning from basketball.”

Alexander Germanacos played basketball – “a hard brand of the game, think Charles Grassley or Draymond Green” – three times a week and kept it up until a few years ago when “the soreness I’d feel for days” turned him to the Bay, swimming being a sport he shared with his father while growing up in Greece. He played at the Argonaut Concordia Club, then at Van Ness and Post, where his family had deep roots.

If basketball characterized the speed of the twentieth century, football – some say – embodied the power. I was on Krist Jake’s Ocean Film Festival team for a decade, but never saw him on the gridiron. In addition to lettering in baseball and basketball, he played center and linebacker in Berea (OH) High School football, where he was MVP in 1961 and first team in the greater Cleveland Conference. On the last undefeated team at

Princeton University in the fall of 1964, he was short side guard and defensive lineman.

Also an athlete in Tigertown, Lowen Cattolico played Division One volleyball for Princeton, turning to swimming as a sport where his feet did not have to touch the ground.

John Horner was surprised that I “have spent all these years . . . sitting in the sauna next to the Bay Counties League discus champion for 1968 and didn’t know it.” John’s toss of 139 feet should have caught my attention, even if it was slightly short of the world record (68.40 meters; you do the math) set by the US that year in the Olympics.

Wrestling, like throwing the discus, can be dated back to ancient times, but it was a youthful yet sturdy Vince Huang who weighed in at 185 pounds for San Francisco State, where he was also on the swim team- “both endeavors were very short lived and brief because I found out I didn’t like to be coached and be told what to do.” Vince later became an NAUI dive instructor, apparently at ease with telling others what to do, and joined the Dolphin Club so he and Kathy could swim the Golden Gate.

John Nogue also matriculated at San Francisco State and with his high school swimming background headed for the water polo team in the

and coached in Luxemburg, Belgium, the Netherlands, France and Germany. Concurrently he worked for the Danish Bank (it remains unknown whether he was on a banking board) and became a foreign currency trader – as well as an accomplished crepe cook, as we all know.

Aaron Rosenthal was also a hoopster, playing thirty-plus years of competitive ball until his recent fortieth birthday. This involved AAU teams in junior high and high school, followed by the University of Kansas JV team (“nothing like the Kansas team you see on



*Anthony with the pucksters (fourth from right, 2nd row)*



## PRINCETON VARSITY SQUAD



*Krist among the unbeaten (#69, 7th from left, 3rd row)*

late 1960s, a novelty to him. While the SF State strike raged on the quad, John played in the pool, then moved to Italy. He picked up a transformed game on his return, playing for over a decade that included two FINA world masters championships, 2004 and 2008. The former, staged in Italy, saw John's team, the California Old Boys, taking a silver medal. The memory "would have been even sweeter had there been more than two teams."

By the time Suzanne Heim-Bowen reached high school she had been drawn from tennis into swimming. In addition to the team races she competed on the boys' water polo team, since there was no girls' team. But she also ran cross-country at San Rafael High; forsaking the horses she

had ridden as a tot.

Anthony DuComb, who carried his alter boy earnings to the sports store in Palmer, Massachusetts, was an all-around jock, but his major activity in high school and college was ice hockey, though he also ran, and swam in the cold New England waters, making him a prime candidate for the triathlons and ironmans that have distinguished his Bay Area presence.

Also in Massachusetts (Worcester), Laura Merkl was a member of her high school's gymnastics team, specializing in floor exercise and vaulting. In her senior year she was captain. Yet more exotic was Ken Coren's appearance aboard a rodeo bull in Cheyenne, Wyoming, where he worked on a ranch at age 17. His career was three seconds short.

Milan Odehnal played soccer in Czechoslovakia, as a goalie for Banak Ostrava from 1970 to 1975, then transferring to Sparta Praha, another first division team, until he broke his leg in 1977. Later he moved to division two, playing for Daka Zatec, a military service team, during 1980/81, and then for ZD Bohusnin from 1981 to 1984, the year

he, his wife and their two children escaped Czechoslovakia for Yugoslavia and Austria before migrating to the United States in 1985.

Mark McKee was a runner and tennis player in high school who discovered biking when he arrived at Indiana University, racing on a fraternity team in the *Little 500 Bike Race* that finished second and third in the league during his freshman and sophomore years, and moving in his final two years to manage the whole endeavor. He assisted the filmmakers who were creating "Breaking Away," wherein he can be glimpsed. Mark returned to running and tennis after graduation, moved with Sunny to San Diego and became involved with the emergent triathlon movement, which meant learning to swim. Thirty-five years and 200 triathlons later (not to mention another 100 or more swimming and cycling events), Mark is still working on his swimming, but biking is central. "When Sunny stepped up to doing her 4 ironmans it took our cycling to a new level and . . . It is our choice of how we spend our vacations together."

There must be more untold stories of athletic prowess among middle aged and elder Dolphins before they were drawn to open water. Let's hear them!



*Ken on his steed*



# First Female Future Dolphin to Swim the Gate

Keith Howell



*1963 synchronized swimming team San Francisco Marionettes. Shelley Sullivan is 4th from left, top row*

When she was five years old or so, Shelley Sullivan's mother would take her down to Playland, with its diving bell which let kids experience an underwater world, and on to swim or ice skate at Sutro Baths. She was swimming there one day when a seal got washed in and everyone had to get out while they opened a huge iron door and flushed it out. And when she wanted to buy a five cent It's It from the truck outside, the man said, "No, little girl. They are only just out of the oven and you have to wait until they cool off."

She was only nine years old when she joined the synchronized swimming team, the San Francisco Marionettes, which went on to become national champions. Charlie Sava, the godfather of San Francisco swimmers taught her her distinctive "Charlie Sava" stroke. Today the pool out on 19th Avenue is named after him. "As a synchronized swimmer," she recalls, "everything had to be very precise."

It was also about the same time that Shelley met a woman named Carol Schultz who offered to teach her how to body surf in Kelly's Cove. There she met high school student, future

Dolphin and now longtime friend Steve Krolik. There were no wetsuits in those days, you just had to tough it out. Which is what she was doing four years later swimming laps in the old Fleischacker Pool, the biggest ocean-fed swimming pool in the world. Under the watchful eye of her mother she would traverse the 1000-foot long pool six times, training to swim the Golden Gate.

All 23 Marionettes were invited to swim the race, "At just 13, I was the youngest and had to get a note from my parents saying it was ok."

On September 8, 1963, two boats took them out to Fort Point in a thick fog. Today the event would be cancelled. "I remember the morning of the swim, the fog was like milk. You could hardly see Alcatraz. And it was freezing.

"The gun sounded and we all took off. I'm on my back, I feel like I've been in the water for ages, and don't feel I'm going anywhere. The waves were high and choppy and I could see no boats around me. Suddenly I hear 'Shelley!' I thought it was the voice of God. I said, 'Yes, God.' But it was not God; it was Ike Papke, a Hawaiian

lifeguard from Fleischacker. He and his friends had been lifeguards in Hawaii, but they had had to leave because they were such a wild bunch. He said, 'Are you Irish?' I said, 'Yes, why?' He said 'Irish don't give up. Forget Lime Rock. Swim directly toward the bridge—and don't touch the boat.'"

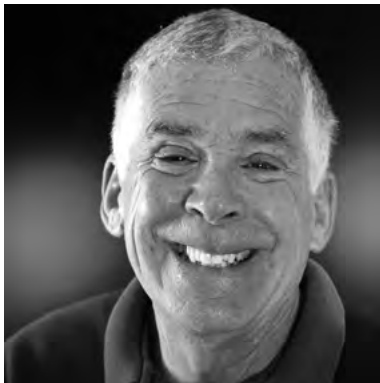
It worked, and though she nearly drowned, that's when Shelley Sullivan Passanisi fell in love with the ocean. She feels Papke (aka God) saved her life.

After the boat picked her up she was wrapped in a blanket and given brandy (another first). The Dolphin Club was one of the sponsors of the swim and among those to welcome her on board were Mike Garibaldi, Sean Kelly, Jerry Cullen, and Stan Hlynsky. Walt Stack was in a rowboat. Shelley came in last in 55 minutes 55 seconds. Fifteen-year-old Margo McGrath was first in 34.35.

Fourteen years later, partly at the urging of then president Frank Drum ("We're not really happy about this, but we'd like you."), Shelley was one of the first six women to join the Dolphin Club.

# M I L E S T O N E S

2016  
25  
YEAR  
LIFE  
MEMBERS



Joseph Cowan



Suzie Dods



Stuart Etzler



Richard Haymes



Rachel Kaufman



Harry Lansing



Neal Powers



Julia Stalker

photos unavailable

Nancy Friedman  
Eric Hansen  
Karina Liberty-Gurr  
Michael Lord  
Paul Wanbeke



*Brendan Crow*

*Joe Marena*

*Diane Walton*

*Swim Commissioners*

# Are you swimming out-of-cove?

**Y**ou might think that's a trick question. But it's not! We just wanted to remind all that while we have boundaries, and organized swims are the way most Dolphins enjoy swimming in the Bay, it is also possible to put together a private out-of-cove swim. Recently, five swimmers came across from Sausalito; a handful swam this year from the Bay Bridge to Ocean Beach (Bay to Breakers). Swimmers training for the Channel or other challenges have often taken advantage of this opportunity. Planning takes time, knowing the ways of the Bay is crucial, and success builds off the collaboration of all concerned. Pilot coverage requirement is one-to-one, and a form with swimmers and pilots and course must be filled out and approved by the Swim Commissioners and Boat Captain.

2016 Polar Bear Challenge DECEMBER 21-MARCH 21											
Name	Miles	Note									
1 Duke Dahlin 400	OG		44 Robert Callan Jr.	50		92 Hal Offen	42	OG			
2 Byron Harbour	161		45 Danny De Leon	50		93 Keira Koss-Baker	41.5	V			
3 Jim Ebert	145.5		46 Stuart Gannes	50	V OG	94 Andrea Morgan	41.5				
4 Tom Neill	143	OG	47 Keith Howell	50	OG	95 Krist Jake	41.25	OG 25th			
5 Joe Illick	130	OG	48 Mauricio Prieto	50		96 Jim Frew	41				
6 Ross Browne	116		49 Phillip Rollins	50	OG	97 Rey Hassan	41	OG			
7 Charlie Cross	110		50 Ron Russ	50		98 John Ingle	41				
8 Peter Cullinan	100		51 Michaelynn Meyers	50	OG	99 Mark McKee	41				
9 Chris Wagner	100		52 Alex Migoushov	50		100 Jason Prodoehl	41				
10 Wolfgang Richter	93	OG	53 Terry Keenan	49.5		101 Rusa Chiu	40.75	OG			
11 Laura Merkl	90		54 Michael Caniglia	48		102 Nancy Friedman	40.75	OG			
12 Andrew Wynn	85		55 Erik Cufino	48		103 Rudeen Monte	40.75	OG			
13 Andrew Cassidy	84.5	OG	56 Daragh Powers	47.5	OG	104 John Nestor	40.75	OG			
14 Luca Pozzi	82		57 Carter Seddon	47.25		105 Kevin Shanahan	40.75	OG			
15 Emily Kreger	78.5		58 Norman Degelman	47	OG	106 Kevin Whalen	40.75	V			
16 Stan Baker	75.5	OG	59 Joe Gannon	47	OG	107 Kamran Atabai	40.5				
17 John Stassen	75		60 George Wien	47	V	108 Dean Badessa	40.5				
18 Bill Burke	73.5	OG	61 Adam Eilath	46		109 Brendan Crow	40.5				
19 Gabriella Cross	71		62 Gavin Jefferies	46	V	110 Isabel Friedman	40.5				
20 Nancy Lange	69	OG	63 Aniko Kurczinak	46		111 Anne Hamersky	40.5	V			
21 David Holscher	67.5		64 Suma Snehalatha	46		112 Vincent Huang	40.5	OG 38th PB			
22 Holly Reed	64	OG	65 Mikkell Aaland	45.5	OG	113 Joseph Mannion	40.5				
23 John Nogue	63	OG	66 Andrea Allen	45.5		114 Sunny McKee	40.5	OG			
24 Jamie Robinson	62.5	OG	67 Sergei Khorochev	45.5		115 Tyler Meade	40.5	V			
25 Lisa N.-Wise	62		68 Kathleen Duffy	45	OG	116 Jon Nakamura	40.5				
26 Susan Sward	62		69 Susan Saylor	45		117 Ted Tilles	40.5				
27 Madhuri Yechuri	61	V- All Fly	70 Andy Stone	45		118 Rebecca Tilley	40.5				
28 Cesar Manzano	60		71 David Bennett	44.25		119 Darcy Wettersten	40.5				
29 Neal Powers	57.5	OG	72 Lindsay Casablanca	44		120 Laura Zovickian	40.5				
30 John Ottersberg	57		73 Terry Horn	44	OG	121 Joe Marena	40.4				
31 Alex Buehlmann	55.5		74 Morgan Kulla	44		122 Michael Barber	40				
32 Larry Scroggins	55.25	OG	75 Marton Siklos	44	V	123 Jim Barron	40				
33 Joseph Omran	55		76 Deb Sullivan	43.5		124 Joni Beemsterboer	40	OG			
34 Randy Edwards	54		77 John Hornor	43.25		125 Gretchen Coffman	40				
35 Laura V.- Horn	53.5		78 Rick Avery	43		126 Stephen Crawford	40				
36 Jay Adams	53	OG	79 Peter Badertscher	42.75		127 Ryan Dalton	40				
37 Bob Cable	53		80 Lowen Cattolico	42.5		128 Nicholas Dorman	40	V			
38 Peter Neubauer	53	OG	81 Krista Gager	42.5	V	129 Christian Ebersol	40				
39 Peter Bartu	52		82 Nancy Hornor	42.5		130 Joe French	40V	OG			
40 Mark Robinson	52		83 Arnold Oji	42.25		131 Kevin Haugh	40				
41 Thomas Brown	51.25		84 Peter Prato	42.25		132 Trevor Haynes	40	V			
42 David McGuire	50.5		85 Robin Rome	42.25		133 Peter Kruit	40				
43 Sue Garfield	50.25		86 Andrew Braithwaite	42		134 Sean McFadden	40				
			87 Ward Bushee	42	OG	135 John Mervin	40				
			88 Suzanne F.-Whelan	42		136 Vlad. Mezhibovsky	40				
			89 Tom Kuglen	42		137 Ken Miller	40				
			90 John Mattox	42	OG	138 Stephen Schatz	40				
			91 Jane Mermelstein	42							

# DOLPHIN LOG SWIM STATISTICS

139	Kathleen Sheridan	40
140	John Selmer	40
141	Nobuya Takahashi	40
142	Rory Tuttle	40
143	Megan Wachs	40
144	Firat Yener	40
145	Kerry L. LaBelle	40
146	Philip Scarborough	40
147	Chase Corum	40

## Old Goats

148	King Sip	38
149	Julie Haas	35.75
150	Bob Tandler	33-V
151	Kathryn Werhane	32
152	Mary Cantini	30.5
153	Heidi Howell	30
154	Ken Frank	28.25
155	Roy Bergmann	27
156	Lee Hammack	24.75
157	Mickey Lavelle	24
158	Ralph Wenzel	24
159	George Robin	23.5
160	Ken Coren	22
161	John Dugan	22
162	Wendy Katzman	22
163	Omer Thompson	22
164	Thomas McGraw	21.5
165	John Theede	21.5
166	Gerald Cullen	20
167	Miriam Osborne	20
168	Will Powning	20
169	Anne Sasaki	20
170	Janice Wood	20

## Pier 39 Swim APRIL 10, 2016

Place	Name	Time
1	Adam Eilath	20:17
2	Ryan Utsumi	20:55
3	Noah Zovickian	21:25
4	Ian Simon	23:17
5	Tim Smith	24:16
6	Marton Siklos	25:05
7	Mauricio Prieto	26:02
8	Tom Neill	26:51
9	Danny De Leon	26:55
10	Anna Olsen	27:16
11	A. Braithwaite	27:27
12	Jaron Ness	27:32
13	K. Sheridan	27:43
14	Chase Corum	27:45
15	John Gibbon	28:01
16	A. Mulder	28:04
17	Rick Avery	28:13
18	Mickey Lavelle	28:16
19	George Morris	28:21
20	Kevin Whalen	28:31
21	Nicholas Dorman	28:34
22	Jay Adams	28:38
23	Keith Nelson	28:44
24	Georg Wien	28:56
25	Dean Badessa	29:15
26	M. Lonergan	29:25

27	Richard Goozh	29:42
28	John Mattox	29:46
29	J. Beemsterboer	29:52
30	Hal Offen	30:01
31	Robert Callan Jr.	30:09
32	Marcy Michael	30:17
33	Douglas James	30:51
34	Ron Russ	30:53
35	M. Lubiszewski	30:55
36	Peter Neubauer	31:10
36	John Hornor	31:10
38	P. F-Koppenol	31:13
39	Deb Sullivan	31:46
40	Andy Stone	33:07
41	Will Powning	33:11
42	Lewis Haidt	33:21
43	Terry Keenan	33:29
44	Kent Myers	33:59
45	Jeff Russell	34:39
46	Byron Harbour	34:47
47	Cynthia Barnard	35:47
48	Stuart Gannes	36:54
48	Joe Gannon	36:54
50	John Ingle	38:11
51	Stan Baker	44:58
52	S. Snehalatha	48:51

**Pilots:** Marcus Auerbuch, Jon Bielinski, Laura Burtch-Zovickian, Lowen Cattolico, Barry Christian, Gretchen Coffman, Brendan Crow, Jim Ebert, Michael Enright, Timothy Gilliss, Jon Grunstad, Terry Horn, Davis Ja, Virginie Jabbour, Jenn Jackson, Liz Kantor, Brian Kiernan, Meredith May, Grant Mays, Tom McCall, David McGuire, Jane Mermelstein, David Nettell, Joseph Omran, Holly Reed, John Robiola, John Stauffer, Arnie Thompson, David Zovickian

**Helpers:** Michael Barber, Cynthia Barnard, Andrew Cassidy, Nicholas Dorman, Joe French, Joe Gannon, Sue Garfield, John Hornor, Terry Keenan, Mickey Lavelle, Mark Lubiszewski, Joe Marenda, Jackie McEvoy, Michaelynn Meyers, Keith Nelson, Jaron Ness, Kevin Ness, Peter Neubauer, Kevin O'Connor, Hal Offen, Neal Powers, Eric Shupert, P.J. Skarlanic, Tim Smith, Andy Stone, Deb Sullivan, Diane Walton, Kevin Whalen, Georg Wien

**Special Helper:** Era Osibe

**Test Swimmers and Pilots:** Andrew Cassidy, Lowen Cattolico, Brendan Crow, Jim Ebert, Joseph Omran, Luca Pozzi, Jay Dean, Marianne Dean, Brian Kiernan, Tom McCall, Tom Neill, David Nettell, Ben Shaw, Ryan Utsumi, Georg Wien

## Dick Beeler Crazy Cove MAY 7, 2016

The Dick Beeler Crazy Cove swim was divided into three courses, A= complete star, B= partial star, C= independent course. The Swim Commissioners have deemed the A

and B courses sufficiently challenging to be qualifying swims for the Dolphin Club Alcatraz and Golden Gate swims: accordingly, swimmers in the A and B courses have been credited with a qualifying swim. The C course was swum by one swimmer who, everyone agrees, remains a timeless inspiration to us all.

A 1	Ian Simon	35:03
A 2	Kevin Meisel	35:09
A 3	Stephen Schatz	39:46
A 4	Jim Ebert	40:31
A 5	Krista Gager	41:54
A 6	Anna Olsen	42:05
A 7	Mickey Lavelle	44:03
A 8	Tim Dumm	45:17
A 9	Andrew Willis	46:19
A 10	Kent Myers	49:02
A 11	Kevin Ness	49:51
A 12	Andy Stone	54:09
A 13	Keira K-Baker	54:10
A 14	Nihan Tiriyaki	55:44
A 15	Richard Goozh*	56:15
A 16	Peter Cullinan	57:55
A 17	M. Lonergan	1:01:44
A 18	Andrea Allen	1:08:54
A 19	M. Lubiszewski	1:21:20
B 1	Joe French	24:43
B 2	Margaret Keenan	41:12
B 3	Andrea Morgan	42:52
B 4	Sheila Gleeson	45:48
B 5	Tim Kline	46:27
B 6	Michael Barber	49:06
B 7	Hal Offen	49:19
B 8	Robin Rome	49:52
C 1	Era Osibe	

\* gloves

**Pilots:** Jay Adams, Jon Bielinski, Jim Frew, Jon Grunstad, Brian Kiernan, Gary Leong, Lance Starin, Kathryn Werhane  
**Helpers:** Michael Barber, Andrew Cassidy, Cynthia Colebrook, Christian Ebersol, Amanda Ernzer, Pauline Farmer-Koppenol, Nancy Friedman, Krista Gager, Sue Garfield, Brian Gilbert, Lewis Haidt, Tom Hunt, Margaret Keenan, Tim Kline, Mickey Lavelle, Maggie Lonergan, Mark Lubiszewski, Marcy Michael, Hal Offen, Jamie Robinson, Polly Rose, Stephen Schatz, Kathleen Sheridan, Andy Stone, Deb Sullivan, Nihan Tiriyaki, Ryan Utsumi  
Thanks to the non-member  
**Helpers:** Daphne Lagios, Danielle McLain

## SF Baykeeper Bay Parade MAY 22, 2016

On May 22, more than 200 swimmers, kayakers, stand-up paddle boarders, and boaters formed an aquatic spectacle on the water for San Francisco Baykeeper's 3rd Annual Bay Parade. The parade ended at McCovey Cove and the collective flotilla, complete with SF Fire Department fireboat spray, costumes, and student drummers,



# DOLPHIN LOG SWIM STATISTICS

was captured on video for broadcast on the Giants Jumbotron at the start of the ballgame that evening. The Bay Parade included a competitive 6.5-mile swim from the Golden Gate Bridge to McCovey Cove. This year, over 50 swam in the "Golden River" swim and fundraised to support Baykeeper's programs. The swim is positioned to be one of the West Coast's classic annual open water swims. The competitive swimmers were racing for the annual Golden River Award, created by Dolphin Peter Molnar. Each year, winners' names are engraved on the award below a Golden Gate Bridge rivet cast in solid gold. Throughout the year, the Award will be on display in various locations, including the Dolphin Club. Dolphin Suzanne Heim-Bowen won this year's winner for fastest solo swimmer, an Olympic Club foursome won the team award, and support captain Dolphin Tyler Meade tied for the honor of biggest Bay Parade fundraiser. The Golden River winners were honored at a home plate ceremony during the Giants game.

## Bay Bridge Swim MAY 28, 2016

Place	Name	Time
1	Catherine Breed	43:18
2	Patrick Dinan	47:22
3	John Ottersberg	47:41
4	Ross Browne	48:45
5	Ian Simon	48:46
6	Stephen Schatz	48:54
7	Laura Zovickian	49:11
8	David Rich	49:19
9	Randy Edwards	50:11
10	Marton Siklos	51:26
11	Yossi Ettinger	51:32
12	Tom Neill	51:33
13	George Shafer	52:53
14	Thomas Brown	53:23
15	Bob Cable	53:24
16	Krista Gager	53:25
17	Danny De Leon	53:36
18	Erica Sutherland	53:39
19	Mickey Lavelle	53:42
20	Morgan Kulla	54:06
21	John Gibbon	54:09
22	Andrew Braithwaite	54:14
23	Jason Prodoehl	55:27
24	Kathleen Sheridan	55:48
25	Bryn Kass	55:54
26	Charlie Cross	56:05
27	Rick Avery	56:14
28	Gina Rus	56:19
29	Margaret Keenan	56:37
30	John Nogue	56:28
31	Nicholas Dorman	56:56

32	David Nosrati	57:49
33	Rich Haymes	58:36
34	Bill Burke	58:51
35	Keith Nelson	58:55
36	Maggie Lonergan	58:59
37	Andy Stone	59:09
38	Robert Blum	59:23
39	Larry Scroggins	1:00:07
40	Denise Sauerteig	1:00:21
41	Holly Reed	1:00:28
42	Marcy Michael	1:00:48
43	Kathleen Duffy	1:01:08
44	Cory Sturtevant	1:01:37
45	Peter Neubauer	1:02:21
46	Halie Kampman	1:02:25
47	Alex Buehlmann	1:02:28
48	John Hornor	1:02:29
49	Lindzy Bivings	1:02:59
50	Robert Callan Jr.	1:03:12
51	Janice Wood	1:04:39
52	Keith Howell	1:05:10
53	Kent Myers	1:08:44
54	Mark Lubiszewski	1:12:01
55	John Ingle	1:12:49
56	Joe Gannon	1:13:42
57	Arnie Thompson	1:30:25

**Pilots:** Marcus Auerbuch, David Bennett, John Blackman, Lowen Cattolico, Brendan Crow, Jay Dean, J.D. Durst, Stuart Gannes, Jon Grunstad, Terry Horn, Nancy Hornor, Davis Ja, Liz Kantor, Brian Kiernan, Gary Leong, Thea Liskamm, Joe Marenda, Jane Mermelstein, Andrea Morgan, Rick O'Hara, Luca Pozzi, John Robiola, Lance Starin, Diane Walton, Andrew Wynn, Ben Zovickian, David Zovickian **Helpers:** Michael Barber, Cynthia Barnard, Robert Blum, Andrew Braithwaite, Catherine Breed, Alex Buehlmann, Bill Burke, Andrew Cassidy, Ken Coren, Charlie Cross, Dotti David, Nicholas Dorman, Randy Edwards, Joe French, Nancy Friedman, Joe Gannon, Sue Garfield, Brian Gilbert, Sheila Gleeson, Byron Harbour, Rich Haymes, Tom Hunt, John Ingle, Halie Kampman, Susan Lauritzen, Gary Leong, Mark Lubiszewski, Jackie McEvoy, Michaelynn Meyers, Marcy Michael, Kent Myers, Peter Neubauer, Polly Rose, Gina Rus, Susan Saylor, Stephen Schatz, Sibylle Scholz, Kathleen Sheridan, Eric Shupert, Alexander Sigal, Marton Siklos, Ian Simon, Cory Sturtevant, Deb Sullivan, William Tucker **Test Swimmers and Pilots:** Andrew Cassidy, Peter Cullinan, James Fahlbusch, Joe Marenda, Hal Offen, Brendan Crow, Liz Kantor, Brian Kiernan, Jane Mermelstein, Tom Neill, Polly Rose, Diane Walton **Non-member Helpers:** Megan Gee

## Crissy Field Swim JUNE 4, 2016

Place	Name	Time
1	Catherine Breed	38:03
2	Adam Eilath	39:50
3	Ryan Utsumi	40:51
4	Luca Pozzi	41:09
5	Andrew Wynn	41:28
6	Tim Smith	41:52
7	Emily Kregger	42:02
8	Chris Wagner	43:48
9	Patrick Dinan	44:03
10	Ross Browne	44:44
11	Stephen Schatz	44:51
12	Ian Simon	45:03
13	Randy Edwards	47:51
14	Marton Siklos	48:01
15	Tom Neill	48:51
16	Yossi Ettinger	49:10
17	Peter Prato	51:55
18	David Bennett	52:01
19	Bob Cable	52:02
20	John Gibbon	52:24
21	Kathleen Sheridan	52:41
22	Alice Jones	54:00
23	Matt Clark	54:19
24	Mickey Lavelle	54:32
25	Morgan Kulla	55:02
26	Kevin Whalen	55:06
27	Rick Avery	55:43
28	Bryn Kass	56:00
29	Gina Rus	56:09
30	Charlie Cross	56:16
31	Richard Goozh	57:19
32	Nicholas Dorman	57:45
33	John Nogue	58:24
34	Maggie Lonergan	58:52
35	Marcy Michael	59:33
36	Robert Blum	1:00:44
37	Denise Sauerteig	1:02:59
38	Robert Callan Jr.	1:03:36
39	Bill Burke	1:03:52
40	Halie Kampman	1:04:23
41	Holly Reed	1:04:27
42	Peter Neubauer	1:06:06
43	Wolfgang Richter	1:07:02
44	Kent Myers	1:09:59
45	Robin Rome	1:10:36
46	Andy Stone	1:10:48
47	Aaron Rosenthal	1:11:12
48	Byron Harbour	1:15:29
49	Joe Gannon	1:15:46
50	John Ingle	1:18:22
51	Stuart Gannes	1:19:19
52	Arnie Thompson	1:24:00

**Pilots:** Marcus Auerbuch, Lindzy Bivings, John Blackman, Brendan Crow, James Dilworth, J.D. Durst, James Fahlbusch, Jill Fleming, Jim Frew, Jon Grunstad, Terry Horn, Lindsey Hoshaw, Davis Ja, Brian Kiernan, Tim Kline, Eric Lam,

## DOLPHIN LOG SWIM STATISTICS

Mark Lenz, Tom McCall, Jane Mermelstein, Andrea Morgan, David Nettell, Rick O'Hara, Hal Offen, John Robiola, Lance Starin, Diane Walton  
**Helpers:** Andrea Allen, Barry Baskin, Holly Baskin, Robert Blum, Ross Browne, Bill Burke, Andrew Cassidy, Erik Cufino, Peter Cullinan, Duke Dahlin, Adam Eilath, Joe French, Richard Goozh, Lewis Haidt, Anne Hamersky, Byron Harbour, Gregory Hicks, Keith Howell, Tom Hunt, Joe Illick, Alice Jones, Halie Kampman, Aniko Kurczinak, Maggie Loneran, Jackie McEvoy, Violetta Muselli, John Nogue, Era Osibe, Daragh Powers, Neal Powers, Polly Rose, Aaron Rosenthal, Gina Rus, Anne Sasaki, Sibylle Scholz, Eric Shupert, Andy Stone, Chris Wagner. Janice Wood  
**Test Swimmers and Pilots:** Peter Cullinan, John Hornor, Nancy Hornor, Hal Offen, Joseph Omran, John Blackman, Brendan Crow, Duke Dahlin, Liz Kantor, Brian Kiernan, Tom McCall, David Nettell, Luca Pozzi

### Pride Swim JUNE 19, 2016

The annual Pride Swim is a fun swim, so it is not timed, nor is the finish order captured. This year, all the swimmers who started the swim finished, and have been given credit for a qualifying swim toward the Dolphin Club Alcatraz and Golden Gate swims. All pilots and helpers likewise have been given credit for a help toward the Alcatraz and Golden Gate swims. Great swim, and great fun – a swim to be proud of, that expresses our collective pride in the diversity of our great club, city, and Bay Area in general. **Swimmers:** Jay Adams, Jean Allan, Andrea Allen, Stan Baker, Cynthia

Barnard, David Bennett, Lindzy Bivings, Matt Clark, Chase Corum, Kathryn Cronin, Gabriella Cross, Erik Cufino, Peter Cullinan, Duke Dahlin, Patrick Dinan, Christian Ebersol  
 Jim Ebert, James Fahlbusch, Elspeth Farmer, Joe French, Jim Frew, Stuart Gannes, Rebecca Groves, Laura Grubb, Maria Gutkin, Lewis Haidt, Laura Heddleston, Suzanne Heim, Lucy Hoff, Terence Huwe, John Ingle, Halie Kampman, Bryn Kass, Wendy Katzman, Margaret Keenan, Tim Kline, Keira Koss-Baker, Aniko Kurczinak, Athena Kyle, Susan Lauritzen, Katie McCall, Bri McCarthy, Jackie McEvoy, Jane Mermelstein, Ken Miller, Andrea Morgan, Kent Myers, Kevin Ness, Peter Neubauer, Lorna Newlin, Hal Offen, Thomas Partridge, Will Powning, Jason Prodoehl, Holly Reed, Robin Rome, Anne Sasaki, George Shafer, Suma Snehaltha, Cory Sturtevant, Nihan Tiryaki, Monica Towers, Cheryl Wallace, Kathryn Werhane, Andrew Willis, Janice Wood, Firat Yener  
**Pilots:** Dean Badessa, Catherine Breed, Ross Browne, Ken Coren, Charlie Cross, Danny De Leon, Jay Dean, Marianne Dean, J.D. Durst, Jon Grunstad, Douglas James, Liz Kantor, Brian Kiernan, Mark Lenz, Mary Magocsy, Joe Marendra, Tom McCall, Tom Neill, David Nettell, Rick O'Hara, Erica Pitsch, John Robiola, Emily Roth, Diane Walton, Janine Watson, Ben Zovickian, Noah Zovickian  
**Helpers:** Phillip Bowen, Catherine Breed, Andrew Cassidy, Ken Coren, Chase Corum, Laura Croome, Peter Cullinan, James Fahlbusch, Brian Gilbert, Sharon Gross, Gail Grynbaum, Lucy Hoff, Jackie McEvoy, Rebecca McLennan, Peter Morgan, Peter Neubauer, Lorna Newlin, Thomas Partridge, Polly Rose, Sibylle Scholz, Moustafah Sou, Cory Sturtevant, Claire Tredanier, Firat Yener

### Ft. Point Swim JULY 2, 2016

The Dolphin Club Swim Commissioners and the Dolphin Club members as a whole would like to thank Jim Bock of the South End Rowing Club for his piloting help in a SERC AB, and for cutting off the speeding motorboat headed directly at one of our swimmers. Thank you Jim Bock.

Place	Name	Time
1	Noah Zovickian	51:27
2	Adam Eilath	51:28
3	Tim Smith	53:24
4	James Fahlbusch	53:28
5	Ross Browne	55:08
6	John Renko	55:16
7	Laura Zovickian	55:41
8	Stephen Schatz	56:02
9	Ian Simon	57:18
10	DavidRich	57:35
11	Nicholas Egan	58:55
12	Patrick Dinan	58:58
13	Marton Siklos	59:58
14	Joe Marendra	1:01:22
15	Peter Bartu	1:01:39
16	Krista Gager	1:02:21
17	David Bennett	1:03:40
18	Danny De Leon	1:05:13
19	Tom Neill	1:05:45
20	Jason Prodoehl	1:07:15
21	Kevin Whalen	1:07:51
22	Duke Dahlin	1:08:03
23	Bob Cable	1:08:07
24	Rich Haymes	1:08:39
25	Mickey Lavelle	1:09:31
26	Pauline Koppenol	1:10:51
27	Daniel Wheeler	1:11:18
28	Keith Nelson	1:16:52
29	Marcy Michael	1:26:48
30	Joe Ferrero	1:27:52
31	Keira Koss-Baker	1:32:35
32	Robert Callan Jr.	1:38:03
33	John Ingle	1:49:22

**Pilots:** Jay Adams, Jon Bielinski, Barbara Byrnes, Brendan Crow, Jay Dean, J.D. Durst, Jim Ebert, Jim Frew,

## Kruit Painting Inc.

Pieter Kruit  
 1400 Yosemite Ave  
 San Francisco, CA 94124  
 cell: 415-254-7818  
 fax: 415-571-8610  
 pieter@Kruitpainting.com

## A custom website for your unique story



search engine optimization

mobile ready

good price

local

fast

[www.kvmediaonline.com](http://www.kvmediaonline.com)

**(415) 328.2070**

[kvassociates@mac.com](mailto:kvassociates@mac.com)



## DOLPHIN LOG SWIM STATISTICS

Brad Gambrell, Jon Grunstad, Katie Harrington, Brian Kiernan, Tim Kline, Eric Lam, Tom McCall, Violetta Muselli, David Nettell, Rick O'Hara, Emily Roth, Jim Thurmond, Ben Zovickian, David Zovickian **Helpers:** Alejandro Alzugaray, Adam Ballachey, Michael Barber, Peter Bartu, Robert Callan Jr., Andrew Cassidy, Peter Cullinan, Patrick Dinan, Nicholas Egan, Adam Eilath, Amanda Ernzer, Evelyn Fisher, Laura Grubb, Nancy Hornor, Tom Hunt, Terence Huwe, John Ingle, Susan Lauritzen, Gary Leong, Joe Marenda, Jackie McEvoy, Tyler Meade, Marcy Michael, George Morris, Lisa Newman-Wise, James O'Connor, Hal Offen, Anna Olsen, Era Osibe, Daragh Powers, Neal Powers, Polly Rose, Ron Russ, Susan Saylor, Eric Shupert, Tim Smith, Sue Taylor, Monica Towers, Ryan Utsumi, Janice Wood **Test Swimmers and Pilots:** Andrew Cassidy, Peter Cullinan, John Ingle, Bri McCarthy, Luca Pozzi, John Blackman, Brendan Crow, Jon Grunstad, Brian Kiernan, Tom McCall, Tom Neill, David Nettell

### Coghlan Beach Swim JULY 17, 2016

**Swimmers:** Jay Adams, Dean Badessa, Deborah Baker, Stan Baker, Michael Barber, Cynthia Barnard, Peter Bartu, Lindzy Bivings, Robert Callan Jr., Michael Connolly, Ken Coren, Peter Cullinan, Anthony DuComb, Kathleen Duffy, Christian Ebersol, Jim Ebert, Amanda Ernzer, Joe French, Jim Frew, Krista Gager, Joe Gannon, Sheila Gleeson, Rebecca Groves, Laura Grubb, Suzanne Heim, Gregory Hicks, Terry Horn, John Hornor, Nancy Hornor, Terence Huwe, John Ingle, Douglas James, Maggie Lonergan, Caitlin May, Jackie McEvoy, Tyler Meade, Jane Mermelstein, Andrea Morgan, Jaron Ness, Peter Neubauer, Hal Offen, Anna

Olsen, Will Powning, Wolfgang Richter, Jamie Robinson, Robin Rome, Denise Sauerteig, Kathleen Sheridan, Suma Snehaltha, Andy Stone, Cory Sturtevant, Deb Sullivan, Sue Taylor, Nihan Tiryaki, Chris Tschinkel, Cheryl Wallace, Ben Zovickian **Pilots:** Andi Aliko, Marcus Auerbuch, John Blackman, Laura Burtch-Zovickian, Lowen Cattolico, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Chris Heim, Davis Ja, Liz Kantor, Brian Kiernan, Mark Lenz, Robert Mackey, Mary Magocsy, Tom McCall, Constantine Mittendorf, David Nettell, David Nettell, Deborah Sherwood, Scott Stark, Megan Wachs, Diane Walton, Kathryn Werhane, David Zovickian, Noah Zovickian **Helpers:** Dean Badessa, Robert Callan Jr., Amanda Ernzer, Krista Gager, Terry Horn, Nancy Hornor, Terence Huwe, Mickey Lavelle, Tyler Meade, Jaron Ness, Peter Neubauer, Anna Olsen, Will Powning, Wolfgang Richter, Robin Rome, Denise Sauerteig, Eric Shupert, Andy Stone, Cory Sturtevant, Cheryl Wallace **Test:** Terry Horn, Lowen Cattolico, Jill Fleming, Aniko Kurczinak, Jay Dean, Brian Kiernan, Tom McCall, David Nettell, Diane Walton

### Doc Howard Over 45 Swim JULY 30 2016

Place	Name	Time
1	Patrick Grady	16:42
2	Chris Wagner	17:11
3	John Ottersberg	17:14
4	Tom Neill	19:00
5	Jason Prodoehl	20:13
6	Erik Cufino	20:39
7	Nancy Lange	20:40
8	Paul Davies	20:46
9	Charlie Cross	21:17
10	Peter Molnar	21:40
11	Rick Avery	22:01
12	Robert Blum	22:13
13	Daniel Wheeler	22:16
14	Tyler Meade	22:20

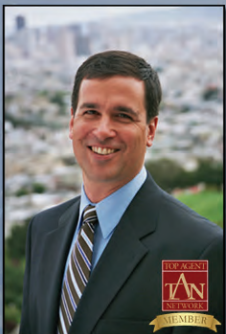
15	Ron Russ	23:37
16	Monica Towers	23:57
17	Dean Badessa	24:04
18	Ken Coren	24:09
19	Andy Stone	24:11
20	Laura Grubb	24:27
21	Nancy Hornor	25:30
22	Sue Taylor	25:57
23	Lorna Newlin	26:04
24	Lewis Haidt	26:05
25	Robin Rome	26:08
26	Gregory Hicks	26:16
27	Keith Howell	26:18
28	John Hornor	26:22
29	David Gartner	26:33
30	Anne Sasaki	27:11
31	Joe Illick	28:22
32	Joe French	28:32
33	Kathryn Werhane	28:48
34	John Ingle	29:39
35	Kathryn Cronin	31:08
36	Bill Burke	32:04
37	Michael Barber	32:39
38	Athena Kyle	33:30
39	Cheryl Wallace	33:34

**Pilots:** Jon Bielinski, John Blackman, Michael Connolly, Brendan Crow, Jay Dean, Paul DuBois, Davis Ja, Liz Kantor, Brian Kiernan, Tim Kline, Mary Magocsy, Tom McCall, David Nettell, John Robiola, Georg Wien **Helpers:** Andrew Cassidy, Charlie Cross, Danny De Leon, Harrison Fackelmayer, Susanne Friedrich, Stuart Gannes, John Hornor, Nancy Hornor, Tom Hunt, Joe Illick, John Ingle, Aniko Kurczinak, Jean Lamming, Nancy Lange, Susan Lauritzen, Gary Leong, Loretta Madden, Caitlin May, Bri McCarthy, Jackie McEvoy, Polly Rose, Denise Sauerteig, Rob Schroder, Eric Shupert, Monica Towers, Cheryl Wallace, Kevin Whalen **Test Swimmers and Pilots:** Charlie Cross, Brendan Crow, Libbie Horn, Terry Horn, Aniko Kurczinak, Andrea Allen, John Blackman, Jay Dean, Kelley Heye, Tom McCall, David Nettell

**RICK AVERY** Your San Francisco Specialist

Proudly serving the Dolphin Club for 10 years!

(415) 710-5014



*Dedication* you deserve.  
*Experience* you can trust.

I'm ready to help you buy or sell your home.

Call me today to set up a free evaluation of your home's value!

The Avery Group  
Sotheby's International Realty  
info@rickavery.com  
www.RickAvery.com



# The Dolphin Club at R2AK

Jay Dean

The predawn sky is dark with low clouds and spitting rain; the wind is gusting from the south. Despite the early hour, this small town is bustling with traffic, and the equally small harbor is ringed with cheering, and jeering, crowds.

Within the harbor a packed fleet of giant multihull racing sail boats, tiny “pocket cruisers”, eccentric home-built craft and a handful of rowing boats are all weaving their way out to open water under oar, paddle or even peddle power; some skippers barely under control in the breeze,

and a couple quite out of any control. Through the pack weave a small fleet of stand-up paddleboards piloted by folks offering bowls of oatmeal to the struggling crews. Also through the pack weave a couple of rowing craft, by far the fastest and most controlled of the bunch. They are rowed by experienced Dolphins.

In 2015, news reports surfaced of a 750-mile race from Port Townsend, WA To Ketchikan, AK for any boat without a motor. Called the Race to Alaska or R2AK, the news set off a flurry of emails around the Dolphin Club asking, “How did we miss this? We should be there!” R2AK organizer Jake Beatty of the Northwest Maritime Center visited the club in April this year to give a presentation on this unique race. Jake explained that the race has a 40-mile prologue stage that can be entered separately—and the deadline for entries was one week away. By the next day we had boats arranged and two entries in the prologue.

My wife Marianne and I called on acquaintances at the Whitehall Spirit company in Victoria, BC to arrange use of a double Whitehall (renamed for our team, Whitehalls and Whisky), and another group of five Dolphins took Jake up on his offer to loan a “classic” four-oared pilot gig owned by the Maritime Center.

Once out of Port Townsend Harbor the tables were turned. The row boats tossed and struggled through a confused chop, while the ungainly multi-hulls set sail and



*Dave Zimak, Thomas Lemmin, Caroline Sugnaux, Lowen Cattolico, Scott Stark just earned their tea at Empress Hotel, Victoria, Canada*

took flight at frightening speed. To add to the pre-race mayhem, a TV helicopter hovered 30 feet (no kidding, 30 feet!) above the fleet, so no one heard the pre-arranged horn signals for the start. At some point the fleet decided the race must have started and sailboats streaked north. The rowers fell in behind, riding the following seas, and angled out to catch the building ebb current.

For about an hour the four Whitehalls stayed more or less in formation. Then the winds eased and the boats separated for the remainder of the row.

The R2AK Prologue is a very simple race; start in Port Townsend and finish on a dock in Victoria, crossing 40 wind-swept miles of the Strait of Juan de Fuca and three of the busiest shipping lanes in the West. Rounding Pt. Wilson to enter the Strait, one immediately realizes that this is a very big body of water by SF Bay standards, almost twice the width of the English Channel. On this hazy, overcast day the rowers see little land, and no other boats. Despite the shipping lanes and over 100 racers and spectator boats on the same course, we see nothing but open water in all directions. In Whitehalls and Whisky, our GPS equipped phone is in a dry bag inside another dry bag and hard to read in daylight, so for hour after hour we hold a compass course and keep rowing.

*Meanwhile in the other Dolphin boat...*

Five intrepid Dolphins; Dav Zimak, Thomas Lemmin,



Caroline Sugnaux, Lowen Catolico, and Scott Stark are grinding out a crossing in the wooden coastal gig borrowed from the Northwest Maritime Center. The Salish Star is a 1990s replica of the American Star, which won an important race in 1828 and was subsequently given to General Lafayette during a visit (it is still in his museum). It's a much beloved boat in this area, but few seem to want to row it. The Star is much smaller than our familiar pilot gig, the Wieland, squeezing four rowers into a space where four rowers won't fit (perhaps 19th century rowers were shorter?). Sitting on fixed (non-sliding) bench seats, the rowers must cock their legs to one side, or tuck them under themselves, all while pulling full-size sweep-oars, with stitched leather sleeves and a cord-and-pin oarlock. Very "old-school"; I dare say the Vikings would have found it familiar, but not something modern rowers have experienced.

The team, presciently named "One Wooden Boat – Five Sore Butts", first saw the boat the weekend before the race, and needed the days between to figure out how to row it. The locals were incredulous about our plans, greeting Dolphins with blank stares and mumbling, "ummm, good luck with that." To be honest, there was some trepidation and wavering confidence within our team, especially as the weather forecast worsened. But Dolphin pride, and fear of turning back in those winds and seas, drove them forward.

After six hours of rowing, Marianne and I stopped to rehydrate and eat (peanut butter & banana sandwiches with honey, aka a "Davis Ja Special") and finally got the phone out to check GPS. "Damn, we are much too far east and north". The shoreline just in sight was San Juan Island, a lovely place but not on our itinerary. Turning west, we made good speed in our bright red (alas, plastic) Whitehall.

In the Star, navigation duties fell to Dav, who had programmed waypoints

into his GPS watch the night before. Easily viewed on his wrist, the watch showed a simple line for the course and a dot for the boat. The team's rower-on-break, sitting in the coxswain position, followed that line through the haze.

The moral of the story is what happened when we came within sight of the Canadian shore. In the lightweight Whitehall, we had pulled well ahead of the Star. We figured that we were also well ahead of the change in tide and were looking at the south-facing shoreline of Victoria. We were wrong on both counts. Let's be honest, I was the one making the mistakes. I then made the beginner mistake that the locals had warned against, we turned toward the shore.

Nearing shore, we saw the full reality of our situation. The flood tide was building fast along the shoreline, and we were miles away from the harbor. Every year, some R2AK competitors are forced to overnight on an island beach east of Victoria waiting for favorable currents. Desperate not to be ignominiously stranded, Marianne and I put full power through tired bodies and made painful, slow progress towards the harbor. After about 39 miles of rowing, the final few miles took nearly two, long hours.

The Star came steadily up from the south, riding the new current. According to our GPS tracks, they

slipped past the end of the breakwater just 200 yards away from us struggling along it. We never saw each other. Once inside, the Salish Star rowed a last mile to the finish line in front of the iconic Empress Hotel and celebrated their heroic crossing.

The Deans, having finally rounded the breakwater, stopped to eat and drink for the first time in hours, before, much refreshed, completing the course. We were thrilled to see a dock-full of blue Dolphin shirts and the smiling faces of our teammates, who also helped us climb from the boat to ring the finish-line bell. Then, cruelly, we were forced back into our seats on the boat to await clearance from Canadian Customs officials. Marianne did the negotiating, assuring them that we had brought no product made of cat fur (really, that's the law!), and we were allowed to enter Canada.

The 2016 R2AK was a great success for the Dolphins. We all completed the prologue, met a lot of great people, learned more about a race we hope to enter again and, most of all, had loads of fun. Next year, if the organizers can be encouraged to schedule another edition, I'm confident that the Dolphin Club will be there and I am very eager to be racing all the way to Alaska. That will be a big project; we need a boat for instance, but I'm sure we are up to the challenge.



*New Rowing Commissioner and author Jay Dean (front), his wife Marianne and fellow rowers.*



The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

P R S T      STD  
U.S.POSTAGE    PAID  
SAN FRANCISCO, CA  
PERMIT NO. 1020

## 2016 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	*New Year's Day Alcatraz
Jan 1	Fri 8:00 am	New Year's Day Cove Swim
Jan 17	Sun 9:15 am	*Pier 41
Jan 30-31	Sat/Sun 9:00	24 hour cove relay
Feb 14	Sun TBD	Old Timer's Lunch
Feb 21	Sun 7:45 am	*Gas House Cove
Mar 13	Sun TBD	McCovey Cove Regatta
Mar 20	Sun 7:45 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 10	Sun 6:30 am	*Pier 39
May 7	Sat 8:15 am	*Dick Beeler Crazy Cove
May 14	Sat TBD	Rowers Dinner
May 22	Sun TBD	Baykeeper Relay
May 28	Sat 7:45 am	*Bay Bridge
Jun 1	Wed 5:00 am	100-Mile Swim Begins
Jun 4	Sat 9:30 am	*Crissy Field
Jun 19	Sun 10:00 am	*SE/DC LGBT Pride Swim
Jul 2	Sat 8:15 am	*Fort Point
Jul 16	Sat TBD	*Trans Tahoe Relay
Jul 17	Sun 9:00 am	*Coghlan Beach (fun swim)
Jul 30	Sat 6:30 pm	*Doc Howard Over 45 Gas House Cove
Jul 30-31	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 7	Sun 4:00 pm	Under 30*/Under 45* Cove Swim
Aug 27	Sat 9:10 am	Joe Bruno Golden Gate
Sep 3	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 10	Sat 8:10 am	Alcatraz
Sep 24	Sat 7:50 am	Escape from Alcatraz Triathlon
Oct 1	Sat 12:00 pm	Walt Schneebeli Over 60 Cove
Oct 15	Sat 8:45 am	Dolphin/South End Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 12	Sat 6:00 pm	Pilot Appreciation Dinner
Nov 24	Thur 9:00 am	Thanksgiving Day Cove
Nov 25	Fri 5:00 am	Grizzly Bear Challenge
Dec 17	Sat 8:45 am	New Year's Day Qualifier
Dec 17	Sat TBA	Holiday Brunch
Dec 21	Wed 5:00 am	Polar Bear Swim Begins
Dec 31	Sat 11:00 pm	Grizzly Bear Challenge Ends

**ROWING TRAINING**  
These Saturdays as 9:00 am  
January 23, Saturday  
February 20, Saturday  
March 19, Saturday  
April 23, Saturday  
May 21, Saturday  
June 18, Saturday  
July 23, Saturday  
August 20, Saturday  
September 24, Sunday  
October 22, Saturday  
November 19, Saturday  
December 17, Saturday

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
  2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
  3. Swimmers are required to wear orange caps on all scheduled swims.
  4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
  5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
  6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
  7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
  8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
  9. Swimmers must register during check-in and attend the swim briefing in order to swim.
  10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least two swims.
  11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile

*All times are approximate & subject to change.  
TBD means "to be determined".*



FALL 2016

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

## Dolphin Log

Keith Howell, *Editor*  
Joe Illick, *Editor*  
Sunny McKee, *Graphic Designer*  
Andrew Cassidy, *Swim Stats*  
Story Rafter, *Proofreader*

## Contributing Historian

Walter Schneebeli

## Published By

The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109  
[www.dolphinclub.org](http://www.dolphinclub.org)

## Board of Governors

Ken Coren, Andrea Morgan,  
Jane Mermelstein, David  
Zovickian, Lisa Newman-Wise,  
Joe Marenda, Davis Ja, Charlie  
Cross

## Officers

Rick Avery, *President*  
Diane Walton, *Vice President*  
John Ottersberg, *Recording Secretary*  
Janice Wood, *Financial Secretary*  
Sibylle Scholz, *Treasurer*  
JD Durst, *Boat Captain*  
Darcy Blake Wettersten, *House Captain*  
*Swim Commissioners* Joe  
Marenda, Diane Walton,  
Brendan Crow  
*Run Commissioners* Chris  
Tschinkel, Natazha Bernie  
*Rowing Commissioner* Jay Dean

**Cover:** Top row Cynthia Ehrlich,  
Pavla Podolska, Peggy Knicker-  
bocker, Joni Beemsterboer, Carole  
Hooker, Morgan Kulla, Robin  
Rome, Susan Allen. Ladies wear  
pearls. Photo Sunny McKee

## Printing

MC Printers  
Prepress  
Royce Color, SF

## Editorial Policy

Submission of any and all material  
to the Log editors from any and all  
authors constitutes an agreement  
between the authors and the editors.  
This agreement gives to the editors  
the right to alter the submitted  
material in any way that the editors  
feel will improve the material for  
Log readers. Decisions to alter or  
publish submitted material will be  
the decision solely of the editors.

## Fathers and Daughters

*Robin Rome*

Sunday morning worship in the waves  
at the Dolphin Club was unusually  
emotion-laden on November 5 by the  
presence of two sets of fathers and daughters.

Adam and Najia Goldberg showed up  
to seal with a swim Najia's Bat Mitzvah  
of the previous evening. They told me of  
the lovely service and reception, Adam  
proudly proclaiming Najia's brilliant  
presentation of her haftorah—a reading  
from the prophets—and her own thoughts,  
she acknowledging that she had memorized  
much of her recitation and read quite widely  
the preceding year. They climbed the stairs  
to their separate locker rooms to change  
into their suits. Fifteen minutes later they  
entered the water and replenished their  
Mitvah.

Shortly later another father and daughter  
appeared on the deck, readying themselves  
for a celebratory dip from a different  
perspective. John Nogue, a notable Bay

swimmer, polar bear champ and former  
swim commissioner had only this summer  
been diagnosed with a brain tumor at sixty.  
Surgeries and radiation treatment could  
not arrest his decline, so that he now was  
wheelchair-bound with a useless left arm but  
back to visit his beloved Bay after several  
months' absence.

He was accompanied by his daughter  
Sophie, as well as his wife Emily and many  
swim pals who wheeled him to the end of  
the dock and lowered him in a plastic chair  
into the water, where they accompanied him  
for a triumphant swim of thirty yards. At  
that moment Sophie dived in and elegantly  
stroked, head out of water, with eyes only for  
him, to join her Dad in his success.

A father's pride in his daughter's  
accomplishment, a daughter's love of her  
father's achievement – how very moving on  
a Sunday morning.

## *The Rowing Clubs of California*

Just in time to join in the celebration of the founding of the Dolphin Swimming and Boating Club 140 years ago, the new book *The Rowing Clubs of California, 1851 – 1933*, by Bill

Pickelhaupt is now available. The book is 360 pages, 8 x 10, hardcover and  
priced at a very reasonable \$40.00, plus \$6.00 shipping. It is a limited edition of  
75 copies. Roughly 25% of the book is about the Dolphin Club, far more than  
any other single club. The Dolphin Club was active in competitive rowing. Alex Pape  
of the club was probably the best oarsman on the West Coast at the time; he even competed  
in the American Henley. The club's crews came to prominence from 1907 onward. They were  
the first crew to meet the San Diego Rowing Club in a regatta, and  
dominated rowing for several years. The book also contains a detailed biography of  
Al Rogers, the builder of the pleasure barge John Wieland.

Contact Bill Pickelhaupt at [billpick11@gmail.com](mailto:billpick11@gmail.com)  
if you would like a copy.

## *Dolphin Club Building Fund Year End tax-deductible donation*

The Dolphin Club building fund was established in 1998 as a method to develop and maintain an  
additional source of capital for major building related projects. The Club established a "Dolphin Club  
Account" with the San Francisco Bay Keepers, a 501 (c) (3) non-profit, that maintains the account  
under a written agreement with the club. Over the 16 years of its existence the members of the DC  
have donated monies to the Fund which has enabled the Club to renovate the Ladies locker room  
(99), replace the Pier (08) and replace the lockers in the Ladies locker room (10). Please consider  
the Dolphin Club Building Fund in your year end tax planning. Your tax deductible donation can be  
made online at <https://baykeeper.org/dolphinclubbuildingfund>

or by check payable to (or securities endorsed to) "Baykeeper", with a notation on the memo line  
"Dolphin Club Building Fund". Donations should be mailed to Sunny McKee, 502 Jefferson Street,  
S.F. CA 94109.





photo Susanne Friedrich

*Don Reid guardian of Semper Fi*

## Semper Fi

*Rachel Berquist*

*Semper Fi*, the newest addition to the Dolphin Club fleet, was launched August 21st, 2016. This single-rower, modified Whitehall, is a tangible celebration of so many wonderful things about the Dolphin Club.

The lightest of the singles (165 lbs.), she incorporates slight modifications and improvements made after observing how the older singles have aged, seeing points of wear and areas of difficult access when they come into the shop for regular maintenance. These may not be as apparent as, say, the sharp blonde woods of Port Orford cedar and black locust - both are elegant and among the most superior, lightest, and longest-lasting boat building woods - or the fuller bow design which adds built-in buoyancy forward, but all of these

elements, seen or unseen, culminate in a steady, safe, and serene rowing experience.

As builders, Jon and I regularly peruse the boat log to see how often and by whom she has been taken out, and what feedback has been left. I am delighted to read, time and again, positive comments across the board.

*Semper Fi* has been in service for three months, and in the tradition of the Dolphin Club and the members' stellar record of cherishing and tending to these beautiful wooden vessels, I am heartened to know that this boat has great potential to serve generations of Dolphins, and I hope, to outlive me. Perhaps the greatest joy of *Semper Fi* was not the launch ceremony; bathed in sunshine, light winds, and the honor and goodwill of marine veterans, and the comradery of Dolphins gathered to celebrate Don Reid and our common ground...nor the pride that swells inside a



photo Susanne Friedrich

boat builder as the planks swell on their first plunge into the water and not a single drop makes its way into the bilge...nor her noblesse in her performance underway, which feels luxurious indeed. No, perhaps the best thing about *Semper Fi* is the year-plus of boat nights and the dedicated volunteers who came, dutifully and consistently, to contribute their talents and time toward this vessel. So many people from so many backgrounds invested so much care into *Semper Fi* and it shows.

*Semper Fi* is a celebration of the Dolphin Club, its members and its purpose. A highly refined pleasure craft that holds true to its rich maritime heritage and will perform reliably when she's needed. A wooden boat built from trees, copper, perfect fits, and a diverse community of people. I am so proud to have been a part of the process, and among all of you. I am so proud to know that *Semper Fi* will live a rich life of appreciation and care, and to know that she will enrich the lives of so many. She was made to be used and loved.



photo Susanne Friedrich

*Boat maker Rachel Berquist takes the initial row.*

### *Dolphin Club Youth Swim Fund Year End tax-deductible donation*

Tax-deductible contributions to the Dolphin Club Youth Swim Fund can be made by either mailing a check (note: Donor Advised Fund/DAF 4284) to the San Francisco Foundation at One Embarcadero Center, Suite 1400 San Francisco, CA 94111, by putting a check in the blue box in the Staib Room, or online at [Sff.org](http://Sff.org).



photo Bill Burke

When 81-year-old, poet, illustrator, ceramicist, DC forum organizer, co-editor of the Log, and frequent polar bear champion, Joe Illick completed the Golden Gate swim on August 27, he surpassed Joe Bruno and became the oldest Dolphin, and almost certainly the oldest person, to make the crossing.



# FORTY YEARS ON - *Celebrating the Women at the Dolphin Club*

*Joni Beemsterboer*

*This article is dedicated to Jacqueline Powning, a founding Dolphin member. January 1977–August 2016*

The latter half of the twentieth century witnessed real changes in relations between the sexes. Of significance was the emergence of a women's movement, most notably in its economic manifestation: the large-scale entrance of women into the labor force, especially at a professional level. Title IX in 1972 supplemented the 1964 Civil Rights Act with a stronger declaration against sex discrimination and funding for women's sports in high schools and universities that benefit today's athletes in ways they are probably unaware of.

And along the shore of Aquatic Park, the tide was changing too. For its first 100 years, the Dolphin Club was a male only organization and for most of the membership that was just fine. Now, a courageous group of women were ready to challenge

the status quo.

Some were swimming off the beach at Aquatic Park, changing in the nasty bathhouse under the bleachers, followed by a shivering dash to their cars to crank up the heat. Beyond just being an unpleasant way to finish a great swim, it was dangerous, with the constant possibility of theft or worse. Others had been party guests at the club and many, like myself, were introduced to the Dolphin Club at a "try out" for an all ladies Golden Gate swim crossing, a history making event in August 1977.

Initial formal efforts to secure membership for women were thwarted. Warned that ladies might not be welcome, especially by members' wives, in 1974 six women originally tried to acquire the moribund San Francisco Rowing Club, aka the Ariel, and form a women-only club. When that failed, their new attorney persuaded them to institute a second suit against all three clubs for discrimination.

After all, the civil rights act of 1964 barred discrimination on the basis of race or sex. And all three clubs were on city, i.e. public, property.

The Dolphin Club saw the writing on the wall and admitted half a dozen women, accomplished swimmers all, but none in the lawsuit.

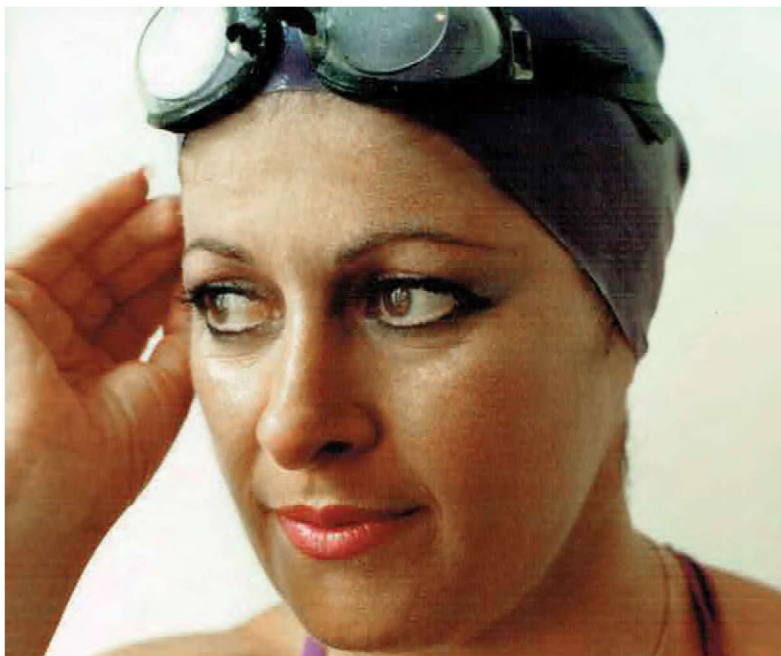
They didn't want what they thought would be troublemakers. The club felt it had met the requirements. The South End Club also acquiesced, but the SF Rowing Club balked and was padlocked. Frightened, both the DC and the SERC took a big further step by agreeing to admit all women who applied.

History was made. Fifty-six women became Dolphins in 1976-77, and 10 of us are still active members.

Reactions to women Dolphins from the then membership were mixed. A few men quit in protest; others were advised to do so by their wives and a handful made life at the club difficult for female members. At times colorful, unflattering comments greeted women. On some of the club swim races, pilots led women swimmers off course. Pavla Padolska who joined in June, 1977 dubbed these expeditions as "sightseeing." The original women's locker room: roughly 10 x 10 included a toilet, sink, a single metal shower with a pair of pliers to operate the warm water. The sauna-a can with fire on the beach until a small portable sauna appeared in the boathouse. Katie Maloney, our first



*Jackie Merovich 1977*



*Era Osibe, a new member in 1977*





photo Susan Lauritzen

*Ladies luncheon for 20-year plus members*

woman president was harassed, embarrassed and challenged, but persisted, and made positive changes. She led the way for two other women who have served with distinction. Meg Reilly and Diane Walton have been president.

Fortunately, most of the men welcomed women to the club and despite the inconveniences women joined. Era Osibe transferred her love of the Caspian Sea to Aquatic Park. Robin Rome, who swam the Golden Gate Bridge seven months pregnant, knew that joining the club would be a forever thing. Sophie Taggart said it best, "Men or women, there was no distinction between people who shared a common passion."

Seasoned swimmers and rowers showed the way, taught rowing techniques necessary to master the Whitehalls and watched in amazement as early adapter women swimmers sped ahead of male record holders. Cindy Ehrlich, a member since January of 1977, and



photo Susan Lauritzen

*Cynthia Ehrlich 1977, Mimi Osborne 1979, Joni Beemsterboer 1977*

I were the first women to serve on the Club's Board of Directors and held our own with Robert's Rules of Order against Walt Stack, the master Parliamentarian.

The men who feared that the women members would be activists and troublemakers were pleasantly surprised as club life continued with little rancor and noticeable improvements in growing memberships, spirit, organization and décor. Anyone looking for a confrontation need only spend time with Peggy Knickerbocker (October, 1977) a native San Franciscan, and savvy diplomat, to dissuade any hesitations about female members. Jackie Merovich was introduced to the club by a boyfriend. She joined and then learned to swim!

Suzanne Heim modestly described herself as a good swimmer when she joined. Soon she was breaking every record on the wall, and continues to inspire and set records. She credits a battalion of old timers who supported her. By the mid 1980s women were well integrated into the Club culture. In fact, "women were welcomed with open arms, literally." Friendships, even romances blossomed. Children were welcomed and for some, both parents were Dolphins.

In 1996, under the direction of Susan Allen, female members instituted the "Ladies Lunch," an annual gathering of women (pearls are encouraged) who have been members for 20 years or more. A handful of delightful, gracious Dolphin men prep and serve. This year over 100 invitations were sent. The club membership approximates 1550, a third of which are female.

But the transformation from an all-male club is much more than adding women. In the

past 40 years the composition has become more diverse, expanded with a greater representation of ethnicities, backgrounds, professions, interests and skills, all for the better. While our best times are in or on the water, the wit and wisdom shared in the locker rooms, showers and saunas are legendary. I've lost count of the successful Dolphin channel crossings, English and others. There was a time when San Francisco columnist Herb Caen wrote about the Dolphin Club. Now, thanks to Kim Chambers' notable accomplishments, the New York Times has us on their radar.

You can take a leave from the club knowing you'll be welcome back and the water will be cold. Ask Morgan Kulla (think club archives), after years



photo Susan Lauritzen

*Robin Rome 1977*





photo Susan Lauritzen

Previous Dolphin presidents Kate Mahoney and Meg Reilly

Being the President of the Dolphin Club was such an honor, and it gives me great pleasure to continue to honor all the women who came before me, who made it possible for me to join, to row, to laugh, to love, to preside.- Diane Walton

of diplomatic service around the world she is back, churning up the waters as though it was the 1980s. Women members who have joined in recent years, or dare I say decades, are impressive in and out of the water, have embraced the Dolphin culture and some have already contributed significantly. I hope they will aspire to serve in leadership.

As our numbers grow, the showers turn lukewarm and the sauna is often packed, I'm grateful for the new wave of women who will continue our legacy.

To paraphrase Herb Caen.

March 14 1978

(one year after the ladies joined the club):

Bud Jenkins was the first man across the finish line in the Dolphin Club's annual midwinter Gas House Cove Swim - and *he* came in sixth!" Ahead of him were Susanna, Morgan, Carol, Joni, and Andrea.

Earlier *Log* articles about women in the Dolphin Club worth reading: Spring, 1977 by Jennifer Finlay, and Spring, 2002, with articles by Todd Oppenheimer, Cynthia Ehrlich and Bill Pickelhaupt.

## RIP Jackie Powning

**L**ife Member, Jacqueline Powning, passed away on August 17, 2016. As she wished, her family scattered her ashes in the Bay, to rejoin her husband, Bill. At the Club memorial she was remembered for her graceful style, sense of humor and grit in the face of old age and declining health. Thank you, many Dolphins, who expressed condolences to me in person and writing.

Jacqueline Soubiran was born in 1927 in Perigueux, France and grew up in Paris. There she met and later married Bill Powning who stayed on in France for four years after serving in WWII. Together they raised three children. Jackie worked at I. Magnin in the couture department for 20 years. She was an early devotee of Jack Lalanne's TV exercise show and took yoga classes for many years. Jackie enjoyed reading and all the arts, cultivating orchids and caring for a series of dachshunds. Long before the word "foodie" became current, she was one. She loved to shop at the Ferry Building farmers' market and was an excellent cook.

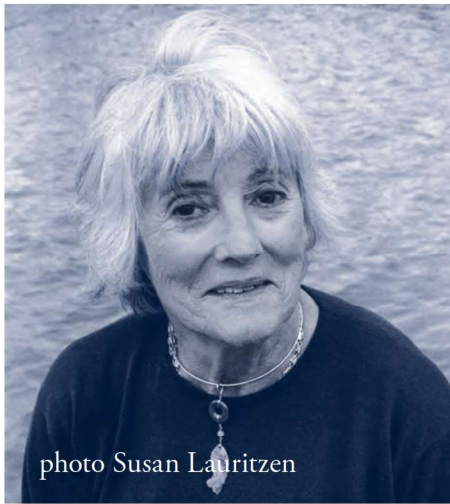


photo Susan Lauritzen

My father often asked, half-jokingly, why my mother joined the Club. I don't think she ever swam past the end of our dock. Her idea of a triathlon involved sunbathing, socializing and picnicking. She was artful at all three. My mother enjoyed tweaking her husband's male chauvinism - in her own way she was a feminist. I'm not sure which side my dad was on when a handful of women stared down the Dolphin and South End Club boards and demanded membership. I do know that he quickly became a fan. He observed that everything about the culture of the clubs improved - the parties were more fun and the food much tastier. My mother looked forward to the Old Timers' and Ladies lunches every year. Along with others in the first wave of women members, Jackie Powning took great pride in contributing to the evolution of the club we enjoy today.

Will Powning

## Legends in the Making

**L**ynne Cox (left), world famous marathon swimmer who has swum in the Arctic and Antarctic and everywhere in between, came to the Dolphin Club to talk about her latest book, *Swimming in the Sink*, published by Knopf and available in the city at Green Apple Books. In September, Dolphin Club member **Kim Chambers** (right) and Oceans 7 champion added another star to her firmament when she swam for 24 hours non-stop down the Sacramento River.



photo Anna MacKinnon



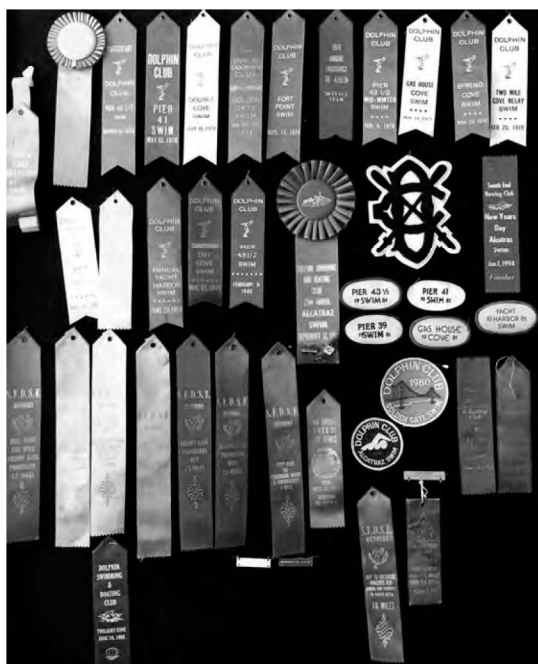
# Era Osibe

When I was a young girl growing up in Iran, my father would take the family on an annual trip to the Caspian Sea. I loved it: the sea and the open air. I wished I could swim all year long. Not long after finishing school in September 1976, my adventures brought me to the United States and I settled in San Francisco. I came down to watch the Columbus Day celebrations a few weeks later. The celebrated discoverer Columbus, in full ornate regalia, came ashore in Aquatic Park from a rowboat, but I was more intrigued by the orange caps bobbing about in the cove behind him.

The next day I came down again, changing into my suit in the dilapidated changing room under the bleachers and plunged in, although I could barely swim. Soon I was coming down most days and got to know a group of very friendly women swimmers. One of them, Marilyn Rodman, told me about the adjacent clubs which they weren't allowed to enter. They said something about "suing" but I couldn't find the word in my Persian/English dictionary. Whatever it was, I supported them anyway.



*The view of the first women's changing room male members never saw*



*Era's awards*

As soon as the barriers lifted, I wanted to join the Dolphin Club, but had no money. Fortunately, a fellow under-the-bleachers swimmer who felt concerned about me (as my clothing sometimes disappeared as I swam) paid the initiation fee as a birthday present, and Hans Kramer sponsored my membership.

I was welcomed by almost

everyone, got lessons in how to swim better and within a year had swum the Golden Gate and Alcatraz. But criticisms did come the following year from some of the older members who blamed me for the Iranian hostage crisis, even though I am an Assyrian-Christian: "It's your fault," one said. "You should go back to your country." Fortunately, despite my diminutive size, I am not a shrinking violet.



# Zada Taft

*Rich Cooper*

*(This note is, in part, a correction to the article in the Summer 2016 Dolphin Log, "First Female Future Dolphin to Swim the Gate." There was a much earlier Gate swim that probably few remember.)*



*Zada Taft and Era Osibe prior to a Golden Gate Swim*

**Z**ada Weed, later Zada Taft, one of the first five women to join the Dolphin Club in October 1976, actually swam the Golden Gate in 1937 as documented in the September 13, 1937, SF Chronicle. That was the same year the Bridge was completed. Zada was a spunky teenager in 1937, on Charlie Sava's swim team at the Crystal Plunge in North Beach. That year she snuck into the Dolphin Club's annual Golden Gate Swim, and Zada finished 11th out of 26 (unofficially, of course). Her picture was in the paper the next day. She crossed the Gate again in 1939, as reported in newspapers, and much later with her young daughters in 1957.

Zada fell in love with another local swimmer and club member, Ray Taft, and they were married in 1941. Ray and Zada would continue swimming and enhancing the sport for the rest of their lives. In 1955 they started a swim school and team in San Mateo, California. Pioneers of Masters swimming, they co-founded the San Mateo Marlins club in 1970. In 1972 they put on the first Masters National Championship Meet sanctioned by the AAU. The USMS honored Ray and Zada Taft in 1978 with a prestigious award for their contributions to the sport.

For the next twenty-some years Zada, along with Ray, would travel the world to as many meets as they could schedule. They set too many records to tabulate here,

however, Zada once said that the chilly San Francisco Bay and other open-water races gave her the most pleasure. She won her age group 17 times in the 2.4 mile Waikiki Roughwater Swim. She completed 12 Alcatraz and 22 Golden Gate swims.

Ray Taft joined the Dolphin Club in the early 1950s. The Tafts were very active members - competing, piloting and helping. However, in the mid-1980s, due to all their other commitments, Ray and Zada became casualties of the club's new qualification rules for the Gate and Alcatraz swims. Zada would participate a few more years with the South End. Her final Golden Gate was in 1987 at age 68, fifty years after her naughty first Gate Swim.

Zada, liked and admired by all, attended the annual Dolphin Ladies Luncheons until 2000. Ray and Zada Taft both passed away in 2002.



*Masters Swimming pioneers Ray and Zada Taft*



## Zada Weed Taft

This photo was mistakenly omitted from the previous article.



San Francisco *Chronicle* photograph

Monday, September 13, 1937, Page 18

This Page  
Intentionally Blank



It's daunting to be sure, but what a joy it has been for me this past year... Records dropping... newer and older swimmers flying through the water... Suzanne winning the first Golden River Award (GG to AT&T)... Ryan Utsumi conquering the Channel in 11 hours... Dolphins slaying the TRI with a sea of orange caps leading the way in (Catherine Breed, Chad La Tourette, Adam Eliath, Quin Fitzgerald) those magnificent out of cove swims -- RT Alcatraz, Sausalito -- happening with grace and safety... Looking forward to our 100th swimming of the Gate and a hundred other celebrations along the way.

#### Top Ten Swim Program Rules

- 1 Club scheduled swims are restricted to club members only.
- 2 Swimmers are required to wear fluorescent orange caps on all scheduled swims.
- 3 Swimmers cannot use swim aids for any timed swims. Swim aids include, but are not restricted to, fins, wetsuits, snorkels.
- 4 For out-of-cove swims, swimmers must be members in good standing, with Club dues current, swim fees paid, and valid membership in Pacific Master Swimmers.
- 5 New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start date. However, acceleration is possible; successfully complete the 40-mile Polar Bear swim or the 100-mile, or the Accelerated Out-of-Cove process before the six months are up.
- 6 Out-of-cove scheduled swim volume may be limited by the Swim Commissioner.
- 7 Swim sign-up sheets are posted two weeks prior to each swim.
- 8 All Club boats are reserved for scheduled swims; riders are prohibited.
- 9 Swimmers must be in attendance at briefing prior to each swim in order to participate.
- 10 Alcatraz/Golden Gate swim participation requires in-town members successfully completing three swims marked as qualifiers on the swim schedule, and piloting/helping on at least three. Out-of-town members (those residing 100+ miles from the club) may use successful completion of two of the last three club-scheduled Alcatraz and/or Golden Gate swims to qualify.



photo Bill Burke

Ryan Utsumi, latest Dolphin to swim the English Channel

*Big gratitude to Joe Marenda and Brendan Crow, who are stepping down after two+ years of service... and to Terry Horn who join me on the Swim Commissioner team!*

Among potential new members to the Aquatic Park clubs, the South End has a reputation of being run by anarchists. The Dolphin Club is thought to be run by dictators. Just sayin'--the Editors

## Kruit Painting Inc.

Pieter Kruit  
1400 Yosemite Ave  
San Francisco, CA 94124  
cell: 415-254-7818  
fax: 415-571-8610  
pieter@Kruitpainting.com

## A custom website for your unique story



search engine optimization

mobile ready

good price

local

fast

www.kvmediaonline.com

(415) 328.2070

kvassociates@mac.com



# DOLPHIN LOG SWIM STATISTICS

## Doc Howard Over 45 JULY 30, 2016

Place	Name	Time
1	Patrick Grady	16:42
2	Chris Wagner	17:11
3	John Ottersberg	17:14
4	Tom Neill	19:00
5	Jason Prodoehl	20:13
6	Erik Cufino	20:39
7	Nancy Lange	20:40
8	Paul Davies	20:46
9	Charlie Cross	21:17
10	Peter Molnar	21:40
11	Rick Avery	22:01
12	Robert Blum	22:13
13	Daniel Wheeler	22:16
14	Tyler Meade	22:20
15	Ron Russ	23:37
16	Monica Towers	23:57
17	Dean Badessa	24:04
18	Ken Coren	24:09
19	Andy Stone	24:11
20	Laura Grubb	24:27
21	Nancy Hornor	25:30
22	Sue Taylor	25:57
23	Lorna Newlin	26:04
24	Lewis Haidt	26:05
25	Robin Rome	26:08
26	Gregory Hicks	26:16
27	Keith Howell	26:18
28	John Hornor	26:22
29	David Gartner	26:33
30	Anne Sasaki	27:11
31	Joe Illick	28:22
32	Joe French	28:32
33	Kathryn Werhane	28:48
34	John Ingle	29:39
35	Kathryn Cronin	31:08
36	Bill Burke	32:04
37	Michael Barber	32:39
38	Athena Kyle	33:30
39	Cheryl Wallace	33:34

Pilots: Jon Bielinski, John Blackman, Michael Connolly, Brendan Crow, Jay Dean, Paul DuBois, Davis Ja, Liz Kantor, Brian Kiernan, Tim Kline, Mary Magocsy, Tom McCall, David Nettell, John Robiola, Georg Wien  
 Helpers: Andrew Cassidy, Charlie Cross, Danny De Leon, Harrison Fackelmayer, Susanne Friedrich, Stuart Gannes, John Hornor, Nancy Hornor, Tom Hunt, Joe Illick, John Ingle, Aniko Kurczinak, Jean Lamming, Nancy Lange, Susan Lauritzen, Gary Leong, Loretta Madden, Caitlin May, Bri McCarthy, Jackie McEvoy, Polly Rose, Denise Sauerteig, Rob Schroder, Eric Shupert, Monica Towers, Cheryl Wallace, Kevin Whalen  
 Test Swimmers and Pilots: Charlie Cross,

Brendan Crow, Libbie Horn, Terry Horn, Aniko Kurczinak, Andrea Allen, John Blackman, Jay Dean, Kelley Heye, Tom McCall, David Nettell

## Under 30 Swim AUGUST 7, 2016

Several different courses were swum by our younger swimmers:

- A. Under 30 swimmers
- B. 30 – 44 swimmers
- C. Youth division
- D. Flag line

Place Name Time

### Group A

1	Matthew Russell	22:29
2	Ben Zovickian	24:02
3	Andrew Willis	28:09
4	Caitlin May	35:30
5	Isabel Friedman	36:14
6	Christian Ebersol	39:23

### Group B

1	Ian Simon	23:38
2	James Fahlbusch	24:31
3	Trent Kloppenburg	24:41
4	Alex Strand	26:09
5	Keira Koss-Baker	34:06

6 Lucy Partridge 36:33

7 Thomas Partridge 36:34

### Group C

1 Sakura Myers 05:34

2 Hannah Wheeler 07:04

### Group D

1 Anna Schatz 14:16

1 Katherine Schatz 14:16

3 Nihan Tiryaki 15:47

Pilots: Brian Kiernan, Eric Lam, Alex Migoushov  
 Helpers: Jean Allan, Erik Cufino, Brian Gilbert, Tom Hunt, Joe Marenda, Polly Rose, Andy Stone, Andy Stone's wife, Cheryl Wallace, Diane Walton, Janice Wood  
 Special Helper: Duke Dahlin

## Joe Bruno Golden Gate Bridge Swim AUGUST 27, 2016

Place Name Time

1	Catherine Breed	19:29
2	Adam Eilath	19:52
3	Luca Pozzi	21:06
4	Noah Zovickian	21:10
5	Ryan Utsumi	22:05
6	Chris Wagner	22:28
7	Ben Zovickian	22:49
8	Tim Smith	23:55

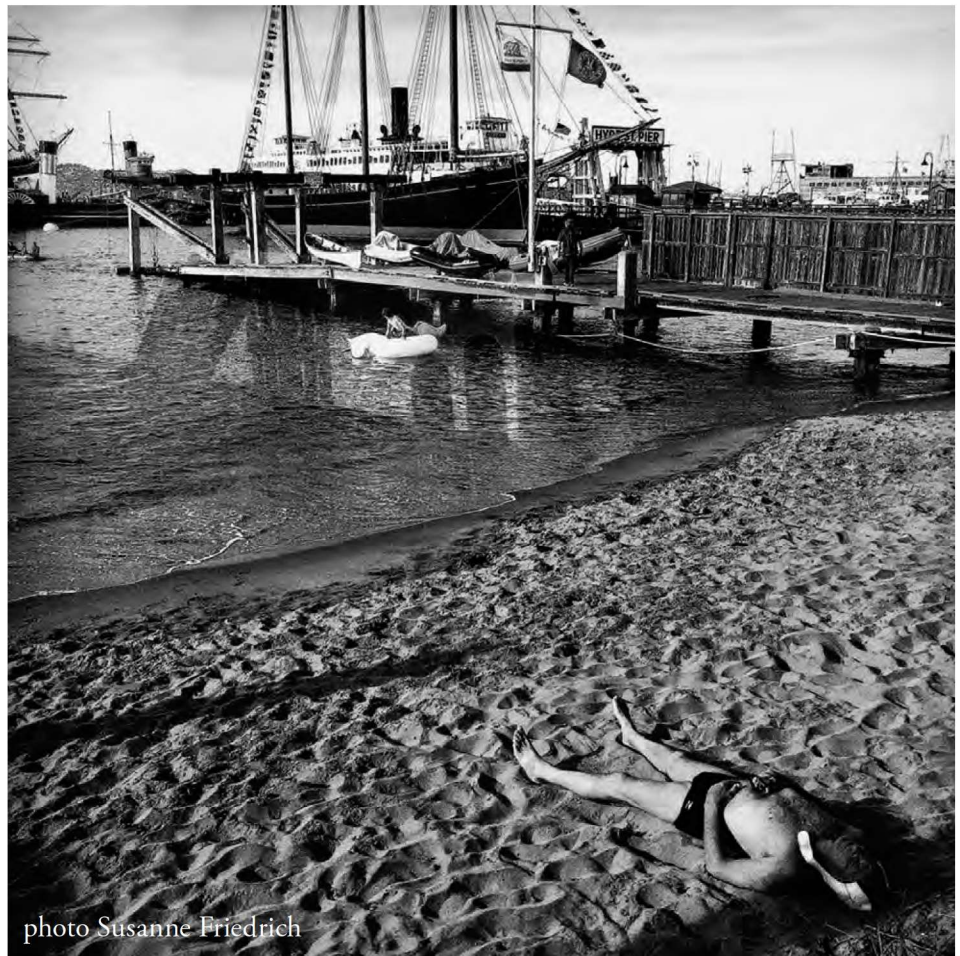


photo Susanne Friedrich

*Pete Neubauer dozing on the beach*



# DOLPHIN LOG SWIM STATISTICS



*Preparing to jump at the Golden Gate swim*

9	Ross Browne	24:00
10	Randy Edwards	24:25
11	Tom Neill	25:40
12	Krista Gager	26:42
13	Jason Prodoehl	26:47
14	Peter Bartu	27:00
15	Bob Cable	27:10
16	Andrew Willis	27:40
17	Marton Siklos	27:52
18	Danny De Leon	27:55
19	Morgan Kulla	28:48
20	A. Braithwaite	28:59
21	Nancy Lange	29:05
22	K. Sheridan	29:10
23	Mickey Lavelle	29:58
24	Kevin Whalen	30:05
25	Aniko Kurczinak	30:12
26	Terry Huwe	30:30
27	Charlie Cross	30:35
28	Gina Rus	30:50
29	Rick Avery	31:20
29	Robert Blum	31:20
31	Rich Haymes	31:35
32	Keira Koss-Baker	31:48
33	Richard Goozh	31:55
34	David Nosrati	32:05
35	Jay Adams	32:15
36	Peter Cullinan	32:17
37	Chase Corum	32:22
38	Caitlin May	32:27
39	Andy Stone	32:32
40	Nihan Tiryaki	32:42

41	Terry Horn	32:54
42	Dean Badessa	33:15
43	Aaron Rosenthal	33:25
44	Georg Wien	33:27
45	Robert Callan Jr.	33:32
46	Maggie Lonergan	33:38
47	Nancy Hornor	33:42
48	Christian Ebersol	34:05
49	Lucy Partridge	34:07
50	Thomas Partridge	34:10
51	Cynthia Barnard	34:20
52	Jim Frew	34:27
53	Keith Nelson	34:35
54	Ken Coren	34:40
54	Byron Harbour	34:52
56	Holly Reed	35:00
57	Lorna Newlin	35:05
58	John Hornor	36:00
59	Lindzy Bivings	36:25
60	Ron Russ	36:40
61	Halie Kampman	36:50
62	Keith Howell	36:55
63	Kent Myers	37:20
64	Will Powning	37:48
65	Kathryn Werhane	37:56
66	Kathleen Duffy	38:00
67	Joe French	38:12
68	Lowen Cattolico	38:16
69	Sue Taylor	38:20
70	Jamie Robinson	38:25
71	Laura Grubb	38:38
72	Lewis Haidt	38:45

73	Mark Lubiszewski	39:00
74	Michael Barber	39:12
75	Bill Burke	39:16
76	Joe Gannon	39:20
77	Peter Neubauer	40:00
78	Gregory Hicks	40:25
79	Stuart Gannes	40:32
80	Jackie McEvoy	40:44
81	Susan Lauritzen	41:25
82	Joe Illick	44:15
83	Suma Snehalatha	50:00

**Pilots:** Marcus Auerbuch, Jon Bielinski, John Blackman, Barry Christian, Brendan Crow, Jay Dean, Marianne Dean, Anthony DuComb, Evelyn Fisher, Donald Harrison, Reuben Hechanova, Peter Hollingsworth, Davis Ja, Virginie Jabbour, Jenn Jackson, Liz Kantor, Brian Kiernan, Eric Lam, Thomas Lemmin, Gary Leong, Mary Magocsy, Joe Marenda, Tom McCall, Jane Mermelstein, Constantine Mittendorf, Andrea Morgan, David Nettel, Rick O'Hara, Hal Offen, John Ottersberg, Lance Starin, Scott Stark, John Stauffer, Caroline Sugnaux, Elizabeth Tippin, Diane Walton, David Zovickian  
**Helpers:** Deborah Baker, Andrew Cassidy, Peter Cullinan, Anthony DuComb, Brian Gilbert, John Hornor, Nancy Hornor, Halie



## DOLPHIN LOG SWIM STATISTICS

Kampman, Wendy Katzman, Morgan Kulla, Mark Lenz, Joe Marenda, Peter Neubauer, Lisa Newman-Wise, Hal Offen, Daragh Powers, Neal Powers, Robin Rome, Aaron Rosenthal, Sibylle Scholz, Alexander Sigal, King Sip, Suma Snehalatha, William Tucker, Kevin Whalen, Janice Wood, Madhuri Yechuri  
**Test Swimmers and Pilots:** Andrew Cassidy, Jane Mermelstein, Lisa Newman-Wise, Hal Offen, Joseph Omran, Brendan Crow, Terry Horn, Brian Kiernan, Joe Marenda, Tom McCall, Tom Neill, David Nettell, Diane Walton, David Zovickian  
**Non-member Helpers:** The Dolphin Club appreciates the help of several non-members with friends in the Club: Anita Blehm, Bella Nadler, Kelsang Tsogtor, Saras Yechuri  
**Non-member Pilots:** The Dolphin Club thanks the three South End Rowing Club members who helped by piloting for this swim: Steve McDonald, Neal Muller, and Virginia – the SERC Swim Commissioner.

### Alcatraz Swim SEPTEMBER 10, 2016

Place	Name	Time
1	Catherine Breed	31:07
2	Adam Eilath	32:38
3	Ryan Utsumi	34:15
4	Ben Zovickian	36:56
5	Chris Wagner	37:06
6	Ross Browne	38:26
7	Tim Smith	39:25
8	Randy Edwards	42:43
9	Peter Bartu	43:29
10	Tom Neill	45:08
11	George Shafer	45:42
12	Krista Gager	46:50
13	John Selmer	47:20
14	Mickey Lavelle	47:27
15	Bri McCarthy	47:31
16	Bob Cable	47:36
17	Andrew Willis	47:40
18	Jason Prodoehl	47:51
19	Andrew Braithwaite	48:24

20	Marton Siklos	48:26
21	Terence Huwe	48:40
22	Anna Olsen	49:30
23	Morgan Kulla	50:34
24	Charlie Cross	51:27
25	Kathleen Sheridan	51:43
26	George Morris	52:15
27	Keira Koss-Baker	52:43
28	Aniko Kurczinak	53:00
29	Chase Corum	55:15
30	David Nosrati	55:22
31	Nancy Lange	55:26
32	Nicholas Dorman	55:33
33	Bryn Kass	56:12
34	Gina Rus	57:09
35	Wolfgang Richter	57:18
36	Rick Avery	57:20
37	Robert Blum	57:26
38	Rich Haymes	58:40
39	Nihan Tiriyaki	59:03
40	Maggie Lonergan	59:25
41	Caitlin May	1:00:04
42	Ron Russ	1:00:05
43	Marcy Michael	1:00:19
44	Denise Sauerteig	1:00:57
45	Keith Nelson	1:01:29
46	Jay Adams	1:01:37
47	Halie Kampman	1:02:01
48	Lucy Partridge	1:02:37
49	Thomas Partridge	1:02:39
50	Robert Callan Jr.	1:02:42
51	Aaron Rosenthal	1:02:56
52	Tim Kline	1:03:44
53	Lindzy Bivings	1:04:01
54	Laura Grubb	1:04:14
55	Monica Towers	1:04:16
56	Terry Horn	1:04:53
57	Andrea Allen	1:04:56
58	Peter Cullinan	1:05:41
59	Dean Badessa	1:06:00
60	Hal Offen	1:06:22
61	Lewis Haidt	1:07:06
62	Jim Frew	1:07:31
63	Jamie Robinson	1:07:49
64	Kathleen Duffy	1:07:57

65	Mark Lubiszewski	1:08:45
66	Jackie McEvoy	1:09:54
67	Terry Keenan	1:11:06
68	Byron Harbour	1:11:07
69	Cory Sturtevant	1:11:11
70	Kent Myers	1:12:37
71	Will Powning	1:12:49
72	Cynthia Barnard	1:14:04
73	Janice Wood	1:15:12
74	Gregory Hicks	1:16:57
75	Kathryn Werhane	1:17:30
76	Robin Rome	1:18:54
77	Andrea Morgan	1:20:06
78	Cheryl Wallace	1:20:45
79	Stuart Gannes	1:24:28
80	Michael Barber	1:37:17
81	Bill Burke	1:37:23
0	Suma Snehalatha	

**Pilots:** Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, Lowen Cattolico, Brendan Crow, Duke Dahlin, Jay Dean, Marianne Dean, Paul DuBois, Donald Harrison, Reuben Hechanova, Douglas James, Liz Kantor, Mike Kayton, Brian Kiernan, Eric Lam, Thea Liskamm, Anna Mackinnon, Grant Mays, Tom McCall, David McGuire, Miguel Melendez, Jane Mermelstein, David Nettell, Rick O'Hara, Joseph Omran, Donald Osborne, John Robiola, Anne Sasaki, Caroline Sugnaux, Arnie Thompson, Elizabeth Tippin, Chris Tschinkel, Megan Wachs, Diane Walton, Connie Wellen, David Zovickian

**Helpers:** Susan J Allen, Deborah Baker, Stan Baker, Peter Bianucci, Andrew Cassidy, Peter Cullinan, Joe French, Sue Garfield, Brian Gilbert, Tom Hunt, Terry Keenan, Mark Lubiszewski, Jackie McEvoy, Caroline Monroe, Peter Morgan, Violetta Muselli, Stephanie Nehmens, Daragh Powers, Neal Powers, Sibylle Scholz, Eric Shupert, Tim Smith, Cory Sturtevant, Debbie Ward, Andrew Willis, Janice Wood

**Test Swimmers and Pilots:** Lowen Cattolico, Andrew Cassidy, Ken Coren, Tyler Meade, Joseph Omran, Jon Bielinski, Brendan Crow, Duke Dahlin, Jon Grunstad, Terry Horn, Brian Kiernan, Tom McCall, Tom Neill, Diane Walton



*Megan Wachs volunteers at the Cardiac Aid station for the Escape Triathlon*



*Happy Escapees, Andrew Willis, Joel Lanz, Nobu Takahashi, Andrew Wynn*



# 2016 Dolphin Club Escape From Alcatraz Triathlon FINAL RESULTS

Place	Name	Swim Time	Bike Time	Run Time	Total Time	Notes
1	Willis, Andrew	0:38:17	0:46:43	2:07:00	3:32:00	virgin, fastest bike and run
2	Wynn, Andrew	0:30:56	0:50:04	2:31:00	3:52:00	fastest swim
3	Takahashi, Nobu	0:49:01	0:56:59	2:15:00	4:01:00	
4	Lanz, Joel	0:41:49	0:49:11	2:32:00	4:03:00	
5	Brown, Tom	0:38:37	0:52:23	2:46:00	4:17:00	
6	Larua Vartain Horn	0:35:27	0:54:33	3:01:00	4:31:00	1st Place Woman
7	Kline, Tim	0:55:10	1:00:50	2:38:00	4:34:00	virgin
8	Siklos, Marton	0:40:27	0:49:33	3:06:00	4:36:00	virgin
9	Sigal, Alex	0:49:32	0:47:28	3:03:00	4:40:00	
10	Matthay, Brian	0:47:22	0:57:38	2:59:00	4:44:00	
10	Dyett, James	0:50:22	0:54:38	2:59:00	4:44:00	
11	Ottersberg, John	0:33:30	0:55:30	3:23:00	4:52:00	1st Place Male Cruiser
11	Bunting, Si	0:36:41	1:04:19	3:11:00	4:52:00	
14	Wheeler, Daniel	0:45:36	1:02:24	3:06:00	4:54:00	
15	Ebersol, Christian	1:00:34	1:01:26	2:56:00	4:58:00	youngest
16	Bartu, Peter	0:37:34	0:59:26	3:31:00	5:08:00	
17	McKellips, Terry	0:46:50	0:54:10	3:30:00	5:11:00	virgin
18	Miller, Mike	0:44:50	1:08:10	3:22:00	5:15:00	
19	Calder, Alan	0:41:26	0:53:34	3:40:40	5:15:40	
20	Ernzer, Amanda	0:37:27	1:09:33	3:29:00	5:16:00	virgin
21	Strasburg, David	1:00:34	1:21:26	2:56:00	5:18:00	
22	Whalen, Kevin	0:44:48	1:01:12	3:32:00	5:18:00	virgin
23	Halsted, Scott	1:03:22	1:01:38	3:13:30	5:18:30	
24	Vuong, Harvey	0:50:38	1:13:22	3:18:00	5:22:00	wetsuit
25	Cable, Bob	0:42:54	1:09:06	3:31:00	5:23:00	virgin
26	Nosrati, David	0:46:59	0:53:01	3:48:00	5:28:00	virgin
27	Haymes, Richard	0:47:54	0:59:06	3:43:00	5:30:00	
28	Egami, Jay	0:55:44	1:10:16	3:28:00	5:34:00	virgin, wetsuit
29	Avery, Rick	0:48:36	1:00:24	3:47:00	5:36:00	
30	DuComb, Anthony	0:54:33	1:03:27	3:46:00	5:44:00	
31	Walter, James	0:46:53	1:08:07	3:49:30	5:44:30	
32	McKee, Sunny	0:46:29	0:59:31	4:03:00	5:49:00	
33	McKee, Mark	0:52:51	1:05:09	3:59:00	5:57:00	
34	Miyashita, Mari	0:59:11	1:15:49	3:46:00	6:01:00	wetsuit
35	Webb, Mike	0:53:18	1:14:42	3:54:00	6:02:00	Oldest
36	Peinado, Eddie	0:37:20	0:57:40	4:30:00	6:05:00	
37	Hill, John	0:37:40	0:56:20	4:32:00	6:06:00	virgin
38	Offen, Hal	0:53:58	1:05:02	4:19:00	6:18:00	
39	Harbour, Byron	1:00:48	1:15:12	4:03:00	6:19:00	
40	Sparkman, James	0:54:18	1:27:42	4:03:00	6:25:00	
41	Nakamura, Jon	0:43:22	1:09:38	4:38:00	6:31:00	
42	Rus, Gina	0:45:45	1:08:15	4:59:00	6:53:00	1st Place Female Cruiser
43	Linthicum, Tom	0:47:00	1:09:00	5:19:00	7:15:00	
44	Leffers, Kristy	0:43:49	1:36:11	4:57:00	7:17:00	wetsuit
45	Serebin, Lisa	0:47:47	1:30:13	5:16:00	7:34:00	
46	Shepherd, Jim	1:01:23	1:22:37	5:28:00	7:52:00	virgin
47	Duhau, Stephanie	0:58:55	1:39:05	5:35:00	8:13:00	
48	Nowell, Keith	1:00:33	1:25:27	5:50:00	8:16:00	
49	Bailey, Kathy	1:34:15	1:32:45	5:32:00	8:39:00	wetsuit
50	Douglas, Chris	0:40:58	0:52:02	DNF	DNF	virgin
51	Mattingly, Andrew	0:45:14	1:02:46	DNF	DNF	
52	Sabil Wafaa	0:50:18	-0:50:18	DNF	DNF	virgin
5R	Suzanne Heim; Peter Badertscher, Jim Grant	0:28:50	0:38:10	2:28:00	3:35:00	
1R	Neubauer, Davis Ja, Michael Coren	0:55:08	0:46:52	2:53:00	4:35:00	
2R	Jason Prodehl, Dennis Watson, Arnie Oji	0:38:01	0:57:59	3:56:00	5:32:00	
4R	Schwaab/James McDonald	0:32:57	1:31:03	3:29:00	5:33:00	
3R	Maggie Lonnegan, Victor Jakubivk	0:46:38	1:05:22	3:44:00	5:36:00	

# Dolphin -South End Triathlon October 15, 2016

## Row Results

## Swim Results

Last	First	Class	Boat	Time	Place	DC Points	SE Points	First	Last	DC	SE
2X DOUBLE SHELLS								Catherine	Breed	20	
Gault	Scott	2x	Troneum (Maas)	00:18:46	1	25		Chad	La Tourette	19	
Liverman	Andrew	2x	Troneum (Maas)	00:18:46	1			Adam	Eliath	18	
Lemmin	Thomas	2x	Osprey (Maas)	00:19:19	2	15		Tim	Atell		17
Quie	Johan	2x	Osprey (Maas)	00:19:19	2			Quinn	Fitzerald	16	
	Tom	2x	Mike & Tomasa Alvarez	00:20:25	3		5	Ryan	Utsumi	15	
	Adam	2x	Mike & Tomasa Alvarez	00:20:25	3			Melissa	Berkay		14
Faust	Dorian	2x	Phoenix (Maas)	00:21:19	4			Justin	O'Reilly		13
Harvin	Paul	2x	Phoenix (Maas)	00:21:19	4			Stephen	Nixon		12
	Nancy	2x	Norm Peterson	00:21:26	5			Stephen	Root		11
	Kim	2x	Norm Peterson		5			Lucca	Pozzi	10	
1X SHELLS								Adam	Engleskirch	9	
Miller	Will	1x	Coot (24)	00:19:14	1	25		Heather	Smith		8
Heim	Chris	1x	Scoter (24)	00:20:24	2	15		Patrick	Dinan	7	
	Nick	1x	Rudy Stadlberger	00:20:47	3		5	Tim	Smith	6	
Zimak	Dav	1x	Flicka (24)	00:21:14	4			Ashley	Horne		5
Marshal	Dan	1x	Deasy	00:24:27	5			Darrin	Connely		4
Free	Ellen	1x	Murre (Fly)	00:25:06	6			Andrew	Wynn	3	
Dean	Jay	1x	Cook (A)	00:25:45	7			Lucy	Faust		2
	Cameron	1x	Mel Throwbridge	00:26:49	8			Brendan	Crow	1	
			Tom Rice, the masked						Sub Total	124	86 DC
	Michelle	1x	marvel	00:28:50	9			Dave	Holscher	1	
Dean	Marianne	1x	Banana (Aero)	00:32:28	10			Ryan	Nelson		1
2XV VIKING DOUBLES								Chris	Wagner	1	
Smiljanic	Ivan	2xV	Viking (V)	00:22:40	1	25		Brian	Ip		1
Bonner	Warner	2xV	Viking (V)	00:22:40	1			Paul	Sagara		1
Boston	Andrew	2xV	Lifthrasir (V)	00:23:00	2	15		Baoz	Nur		1
Enright	Michael	2xV	Lifthrasir (V)	00:23:00	2			Morgan	Filler		1
C	Alan	2xV	Valhalla	00:23:22	3		5	James	Fallbush	1	
R	Brian	2xV	Valhalla	00:23:22	3			Bill	Easun		1
S	Tara	2xV	Valkyrie	00:24:47	4			DeeAnn	Joslin		1
M	Peter	2xV	Valkyrie	00:24:47	4			John	Ottersberg	1	
1XV VIKING SINGLE								Paddy	Dunne		1
Darbyshire	Quincy	1xV	Kohlenberg (V)	00:26:18	1	25		Darren	Leva	1	
M	Andrew	1xV	Thor					Ross	Brown	1	
2XH HEAVY DOUBLES								Randy	Brown		1
Wainwright	John	2xH	Farrell (WH)	00:25:54	1	25		Andrew	Burrell		1
Lenhart	Matt	2xH	Farrell (WH)	00:25:54	1			John	Jeha		1
	Loran	2xH	Hull No. 11	00:27:06	2		15	Cameron	Bellamy		1
	Nathan	2xH	Hull No. 11	00:27:06	2			Randy	Edwards	1	
Meredith	Peter	2xH	Hughes (WH)	00:29:38	3	5		Debbie	Ward	1	
Henson	Philip	2xH	Hughes (WH)	00:29:38	3			Fleur	Sohtz		1
Brouwer	Christopher	2xH	Cronin (WH)	00:30:29	4			Ross	Maudlin		1
Rivenburgh	Paul	2xH	Cronin (WH)	00:30:29	4			Greg	Mitchell		1
	Steve	2xH	Dan O'Neil	00:30:33	5			Alisa	Gray		1
	Elena	2xH	Dan O'Neil	00:30:33	5			Peter	Buck		1
1XH HEAVY SINGLES								Prieto	Mauricio	1	
DuBois	Paul	1xH	Foster (WH)	00:33:30	1	25		Paul	Dooley		1
Robiola	John	1xH	Baggiani (WH)	00:33:48	2	15		Sarah	Glazer		1
Tschinkel	Chris	1xH	Ring (Ply)	00:34:44	3	5		David	Connors		1
Auerbuch	Marcus	1xH	Austin (WH - Fiber)	00:34:57	4			Yossi	Ettinger	1	
Eric	Lam	1xH	Haake (WH)	00:34:59	5			Sue	Free		1
	Oliver	1xH	Peapod (fiberglass)	00:37:18	6			Holden	Hardcastle		1
Hora	Darsh	1xH	Kupuna (WH)	00:39:55	7			Geoffrey	Butler		1
	Maurice	1xH	Penaat	00:43:25	8			Marty	Guess		1
Jakubiuk	Victor	1xH	Semper Fi (WH)	00:45:18	9			Bobby	Patrick		1
Don	Osborne	1xH	Commodore (WH)	00:47:49	10			Brian	Rafferty		1
Healy	Margaret	1xH	Bruno (WH)	01:15:15	11			Tim	Dumm		1
	Paddy	1xH	Whitehall	01:15:15	11			Marton	Siklos	1	
Totals:						220	30	Chris	Adamson		1
Swim Results								Alicia	Brasch		1
								Amee			1
								Krista	Gager	1	
								Jeff	Evert		1
								Jason	Prodohl	1	
								Tom	Neel		1
								George	Shafer	1	
								Barry	McGuire		1
								Peter	Van Brummel		1
								Anna	Olson	1	
								Michelle	Deasy		1
								Jaron	Ness	1	
								Duke	Dahlin	1	
								R. Andrew	Rammell		1
								Mickey	Lavelle	1	
								Delia	Solomon		1
								Bonnie	Brown		1
								Allan	Caulder		1
								Keith	Gray	1	
								Bill	Colon		1
								George	Rehmet		1
								Bob	Cable	1	
								Kate	Howell		1
								Tian	Voight		1
								Robert	Kane		1
								Stuart	Molder	1	
								Steve	Schatz	1	
								Juan	Melandez		1
								Myra	Krikorian		1
								Dave	Ogden		1
								Margaret	Steere		1
								Annie	Iahtinen		1
								Anna	Schatz	1	
								Duane	Franks		1
								Peter	Molnar	1	
								Kevin	Whalen	1	
								John	Borden		1
								Megan	Wachs	1	
								Dan	Wheeler		1
								Danny	DeLeon		1
								Andrew	Boston		1
							Sub Total	31	49		
							Grand Total	155	135 DC		



# Dolphin -South End Triathlon October 15, 2016

## Run Results

Place	First	Last	DC	SE
1	Andrew	Willis	20	
2	John	Wainright	19	
3	Matt	Lenhart	18	
4	SE			17
5	Tim	Dumm	16	
6	Johan	Quie	15	
7	Tim	Kline	14	
8	SE			13
9	Andrew	Wynn	12	
10	SE			11
11	SE			10
12	Victor	Jakub	9	
13	Lucca	Pozzi	8	
14	Andrew	Braithwaite	7	
15	Marion	Siklos	6	
16	Alex	Sigal	5	
17	Evelyn	Fisher	4	
18	SE			3
19	Chris	Tschinkel	2	
20	Jaron	Ness	1	
		Sub Total	156	54 DC
21	Andrew	Schwaab	1	
22				1
23	Tim	Smith	1	
24				1
25	Bryn	Kass	1	
26	Stuart	Molder	1	
27	Marlin	Gilbert	1	
28				1
29	Deanna	Micros	1	
30				1
31	Dan	Wheeler	1	
32				1
33	Phil	Henson	1	
34	Quincy	Darbyshire	1	
35	Paul	Rivenburgh	1	
36	Will	Hillmert	1	
37	Bob	Cable	1	
38	David	Nosrati	1	
39	Anna	Olsen	1	
40				1
41	Thea	Liskamm	1	
42				1
43	Sean	Lavelle	1	
44	Steve	Carlson	1	
45				1
46				1
47				1
48	John	Ottersberg	1	
49	Scott	Nolan	1	
50	Mauricio	Prieto	1	
51				1
52	Lucy	Partridge	1	
53	Tom	Partridge	1	
54				1
55				1
56				1
57	Unknown		1	
58	Kevin	Whalen	1	
59				1
60				1
61				1
62	Anthony	Ducomb	1	
63	Byron	Harbour	1	
64	Megan	Wachs	1	
65				1
66	Greg	Anderson	1	
67				1
68				1
69	Michael	Enright	1	
70	Kelly	Conts	1	
71	Mark	Lenz	1	
72	Mari	Miyahita	1	
73				1
74				1
75	Laura	Heddlleston	1	
76				1
77				1
78	Deborah	Sherwood	1	
79				1
80				1
81				1
82	Roger	Hansemo	1	
83				1
84				1
85				1
86	Jessica	Kim	1	
87	Hal	Offen	1	
88	John	Dugan	1	
89				1
90	Norm	Hantzche	1	
91				1
92				1
93	John	Stassen	1	
94				1
95	Cory	Sturtevant	1	
96	Brendan	Crow	1	
97	Kate	Bennei	1	
98				1
99				1
100	Pete	Neubauer	1	
		Sub Total	44	36
		Grand Total	200	90 DC

## Summary

Rowing:  
DC 220 (won by 190 points and this is without the 45 Barge Points which they took and buried in the Bay!)

SE 30

Swim:

DC - Top 20 points 124

DC - 21-100 points 31

SE - Top 20 points 86

SE - 21-100 points 49

So,

DC Total Swim Points = 155 (Won by 20 points!)

SE Total Swim Points = 135

Swim Highlights:

We got 1st, 2nd, 3rd, 5th and 6th places!

Run:

DC - Top 20 points 156

DC - 21-100 points 44

SE - Top 20 points 54

SE - 21-100 points 36

So,

DC Total Run Points = 200 (won by 110 points)

SE Total Run Points = 90

Run Highlights:

We had 7 out of top10 and 15 out of top 20 runners! We got 1st, 2nd, 3rd, 5th, 6th, 7th & 9th places! Majority of folks got at least a point

Total Points for all 3 Events:

DC 575  
SE 255



photo Kelley Hays

*They also serve who don't wait.*



photo Kelley Hays

*DC vs SERC Tri runners pose for the camera*

## DOLPHIN LOG SWIM STATISTICS



photo Susanne Friedrich

*The Over-60 contingent is growing*

### Walt Schneebeli Over 60 Swim OCTOBER 1, 2016

Several different courses were swum by our older swimmers:

- A. Very short
- B. Short
- C. Medium
- D. Long

Place	Name	Time
<b>Group A</b>		
1	Marc Cruciger	05:17
<b>Group B</b>		
1	Walt Schneebeli	08:27
2	Robert McKenzie	08:30
3	Ken Frank	08:35
4	Harrey Ridley	11:40
5	John Davis	17:32
<b>Group C</b>		
1	Noel Turner	18:55
2	James Vanya	20:18
<b>Group D</b>		
1	Morgan Kulla	20:22
2	Megan Sullivan	20:48
3	Susanne Friedrich	20:54
4	Keith Nelson	21:35
5	Robert Blum	22:24
6	Joni Beemsterboer	23:46
7	Alfred Seccombe	23:46
8	Nancy Hornor	25:18
9	Neal Powers	28:50

10	Keith Howell	29:55
11	Susan Lauritzen	30:34
12	Robin Rome	30:36
13	Sibylle Scholz	31:11
14	Peter Neubauer	32:58
14	John Hornor	32:58
16	Cheryl Wallace	33:04
17	Holly Reed	33:26
18	Will Powning	34:02
19	Janice Wood	35:00
20	Hal Offen	35:13
21	Joe Illick	36:40

**Pilots:** Davis Ja, Brian Kiernan, Miguel Melendez, Era Osibe, Tim Smith  
**Helpers:** Marianne Dean, Brian Gilbert, Nancy Hornor, John Hornor, Maria Lanigan, Neal Powers, Polly Rose, Susan Saylor, Sibylle Scholz, Suma Snehalatha, Monica Towers. Please note: the lists contain errors. If anyone wants the corrections to be made, send the correct information to the Swim Commissioners, and the corrections will be entered.

### Thanksgiving Day Cove NOVEMBER 24, 2016

The Thanksgiving Day Cove was very informal this year, with three courses

offered, but with no capture of the place order of finish or timing. Participant lists are in alphabetical order. As always, if your name is missing, notify the DC Swim Commissioners.

Three courses:

- A – to the flag and back
- B - Once around the Cove
- C - Out to Perez Buoy, inside breakwater to Creakers, outside to opening, back in. There were some people who swam their own courses, using elements of the basic three.

Group A: Andrea Allen, Gaylord Burke, Phil Fernandez, Kelley Heye, Pia Hinckle, Sarah McCuskey, Marla McGowan, Era Osibe  
 Group B: Anne Barbarett, Steve Carlson, Peter Cullinan, Evelyn Fisher, Nancy Friedman, Stuart Gannes, Mark Gustin, Margaret Healy, Joe Illick, Krist Jake, Mickey Lavelle, Thomas Rodgers, Robin Rome, Denise Sauerteig, Suzanne Scott, Kristen Steck, William Tucker, Kathryn Werhane, Daniel Wheeler  
 Group C: Lauren Au, Joni Beemsterboer, Lindzy Bivings, Bob Cable, Gabriella Cross, Charlie Cross, Yossi Ettinger, James Fahlbusch, Joe Ferrero, Katie Harrington, Andrew Homan, John Ingle, Morgan Kulla, Marcy Michael, Kent Myers, Tom Neill, Dennis Polston, Will Powning, Stephen Schatz, Andy Stone, Ryan Utsumi  
 Pilots: Brendan Crow, Duke Dahlin, Colin Gift, Brian Kiernan, John Robiola

Helpers: Andrew Cassidy, Sue Garfield, Larry Heine, Jacqueline Merovich, Diane Walton, Janice Wood



**Your San Francisco and Sonoma real estate resource,  
proudly serving The Dolphin Club for over 10 years.**

—  
**Rick Avery**

CalBRE#: 01704234  
rick@rickavery.com  
M: 415.710.5014  
rickavery.com

**COMPASS**



You won't find it hard, what with all the photos in our clubhouse, to imagine the Dolphin Club of many decades past, when Dolphins of an earlier generation were swimming and rowing in the bay. You might be challenged, a bit, to imagine the club many decades into the future. We can hope, with some confidence, that the water will still be invigorating, the club spirit will remain vibrant, and the rowing will be as challenging then as it is now and has been all 139 years of our history. One thing we can be certain of, however, is the boats. The new generations of Dolphins won't be rowing boats like ours, they'll be rowing these very boats. Just as we today row the same craft as our forebears. Our wooden Whitehalls are floating time capsules that bring not only the names of noteworthy Dolphins into the future but create a tangible link to their experiences.

We can be sure that the Dolphins of the future will know the name



photo Davis Ja

*Petaluma rowers, first in a decade: Davis Ja, JD Durst, Caroline Sugnaux, Todd Bloch, Dave Maloney, Andy Stone*

Lou Marcelli, and know that we called him "Commodore." They will know the name Don Reid and know of his service and long devotion to the Marine Corps. They will know this because those future rowers will be competing to reserve our two latest boats, the *Semper Fi* and the *Commodore* for piloting, or a morning row. Both being light, fast, good looking and sporty, these boats will be popular for many years. Remarkably,

considering how long we keep boats, the club launched both into the fleet in the same month, August 2016.

A brass plaque in the *Semper Fi* records that the boat was built in our boat shop by Jon Bielinski, assisted by Racheal Berquist and the Boat Night volunteers. The story of this boat goes back a decade, to when the Kapuna was completed in our boat shop. Jon fine-tuned the basic Whitehall design to create a boat that rapidly became



photo Davis Ja

*Jon Bielinski and Andy Stone on the way to Sacramento. 40 minutes on, 20 minutes off.*





Getting the boat back is part of the adventure

that a conductor interprets the notes of a score. Last year Jon traveled to the school in Port Hadlock, Washington, to give the faculty there a briefing, and turn over his loftings for the Kapuna-style Whitehall and one of our singles as an example. They duplicated the loftings, and along with their students (including a young lady named Julie Hechanova), built two new "Dolphin-Style" Whitehalls, including one for us. This collaboration was organized by Rueben Hechanova to benefit both organizations. The school acquires a special design to add to its catalog and the Club gets a boat to honor Lou Marcelli. Fundraising continues to cover the costs of acquiring this boat. Please support these efforts and help the club remember Lou.

When both new boats were complete and in our clubhouse, we brought out the scales to weigh them along with the *Kapuna*, the first of the new style. All three weighed around 170 pounds each. The rest of our singles weigh from 195 up to 218 lbs. Our new boats have the same light weight and responsive feel of the *Kapuna*, and are likely to be as popular, and they will carry the names of Lou and Don to future generations of Dolphins.

In addition to boats, we also pass our traditions into the future. Dolphins have rowed to Sacramento annually for decades, and did so again in September. In October six rowers completed a row to Petaluma, the first such row in a decade. Davis Ja and Andy Stone made both rows (!) and are already planning to re-instate the Napa row. Finally, a new Club tradition got launched in September when the first Angel Island Regatta was raced over a 10-mile loop from the cove, around the island, and back. Chris Heim took first place in a blistering 1 hour 17-minutes, earning the place of honor as the first name on the new trophy plaque. Thomas Lemmin slipped into second place just 13 seconds later.

## The Commodore



photo Susanne Friedrich

August 6 2016, Launching the Commodore

The *Commodore* honors Lou Romani Marcelli - Life Member and longtime club caretaker since 1973 - who passed away just over three years ago. The talented staff and students of The Northwest School of Wooden Boat Building in Port Hadlock, WA (one of whom is a Dolphin, and my daughter, Julia Hechanova) were chosen and commissioned to build this commemorative boat. Construction of the boat began in January, upon completion it was added to our fleet of 'heritage' vessels at the Dolphin Club, and launched on August 6.

The *Commodore* is a wooden single Whitehall with strakes, thwarts and burden boards of Alaskan Yellow Cedar, backbone and transom of White Oak, stem and breasthook of Black Locust, sheer strake of Spanish Cedar, knees of Applewood, rubrail, inwale and riser of Sapele-African Mahogany, oars of Sitka Spruce with Sapele tip. The transom is designed in the classic wineglass shape, although Lou would have preferred the shape of a martini glass. More can be learned on Tuesday Boat Night in the Boat shop and over the delicious dinner which follows.

Reuben Hechanova



## Passing the Baton

As the last few months of my two-year Dolphin Club Presidency wind down, I wanted to share with you some of what has transpired over the past few years and what I think we still need to tackle. When I took over as President, the club had been experiencing a very strong surge in new membership. It was a daunting problem, which was causing a tremendous strain on the Club's membership and facilities. In 2014 this had been a big concern for the Board and we continued working on this issue with a Capacity Committee meeting throughout 2015 and 2016. Their work produced the following results; the Board voted to increase dues starting in 2016 by 10% and added a locker fee. We also took the steps to slow the new member growth by only accepting new members every third month. And we worked on solutions to handle the strain on our facilities.

Today, as we approach a record 1700 members, the growth rate in 2016 is down by about 50% from 2015. This has allowed us to better assimilate new members into the Dolphin culture. But our work is not done! We will most likely reach our club's capacity in the coming year and still need to have a plan of how to accommodate so many folks. In addition, we need better systems of how we welcome new members into the daily life and the Club's changing culture. No easy task with all the new folk and the amount of rules we have.

Financially, we are in excellent health! However, we have a significant number of maintenance projects that will need to be tackled in the next two years: painting, roof, floors, furniture, lockers, boilers and bathroom remodels to name a few. We also are looking into some potential bigger renovation projects; including expanding the kitchen, creating a dining room and improving our common spaces, such as the Staib and Sancimino Rooms and locker room

expansions. The gym does not have a foundation and with the impending rise in sea level, we will need to safeguard our sanctuary.

Over the past year, we have improved the cleanliness by increasing our paid cleaning service and also getting members involved. On a six-month rotation members adopt an area of the club and are responsible for keeping it clean and organized. We hope you have noticed the difference, though again, we have room for improvement. Many thanks to those members who have volunteered. If you haven't already, now it's your turn. And thanks to Davis Ja and Andrea Fabian Morgan who kicked off this long-term project along with John Ingle.

The Board reaffirmed John Ingle as Club Steward, and voted to give him increased responsibility. Please congratulate him and remember he is your go-to person for any questions or concerns about the club. If he can't help you, he will know the person who can. Congratulations John!

The Board also approved increased hours for Jon Grunstad, who continues to be of tremendous service to the club. Jon, our Club Technician, frequently goes above and beyond the call of duty, and has been a lifesaver to the club and its facility. Congratulations Jon!

Another area of improvement has been adding door monitors, signage and educating our members about guest and public access. Davis Ja led this charge. It has been well received and the results are very favorable. Thanks Davis!

We also took better control of the Club's event schedule and enforcing our Party Policy. Lisa Newman-Wise took this big project on and successfully made it an easier task for the Board and members to understand by improving communication. Thanks Lisa!

*We Won The DC/SE Tri for a 3rd Year in a Row!*

Yes indeed, we won all three events this year; the Dolphin Spirit is strong!

Though the barge race was canceled because the SERC barge is in storage for their renovation, we decisively won the rowing competition by 190 points. Our boat house was emptied and the depth of our team was immense. Thanks to Wyatt Nordstrom for organizing, and our incredible rowers for showing up and dominating. We also took command of the swim by taking five of the top six places, which helped achieve an overall 20-point lead. If that was not enough, we showed up and ran a very impressive 7 mile run to Fort Point and back, where we had 7 out of the top 10, and 15 out of top 20 runners! Almost every runner received at least 1 point. Final Points: Row- DC 220 to SE 30; Swim- DC 155 to SE 135; Run- DC 200 to SE 90; Total - DC 575 to SE 255!

Get ready for some potentially significant changes in the next Tri, as we attempt to equalize the men's and woman's scoring potential and open up the overall participation point system. We want to see more involvement from members of both clubs and not just be geared towards our strongest and fastest.

### *The Board & Commissioners:*

Many Board members will be termed out after two consecutive years. Lisa Newman-Wise will be taking care of her soon-to-be newborn. John Ottersberg will also take a break, to focus on his work and coaching responsibilities. Ken Coren and Dave Zovickian will term out as Governors, but both have an option to run for an Officer position. Diane Walton will term out as Vice President, but can run for any other position. Joe Marenda and Brendan Crow will be handing over their Swim Commissioner responsibilities to Terry Horn along with Diane Walton. I would like to thank the entire Board, Commissioners and Members who have made great strides in moving the Dolphin Club forward in a positive light; we continue to grow and prosper. Peace to all!





The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

PRST STD  
U.S. POSTAGE PAID  
SAN FRANCISCO, CA  
PERMIT NO. 1020

## 2017 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Sun TBD	*New Year's Day Alcatraz
Jan 1	Sun 10:00 am	New Year's Day Cove Swim
Jan 21	Sat 8:00 am	*Pier 41
Feb 4-5	Sat/Sun 00:58	24 hour cove relay
Feb 12	Sun TBD	Old Timer's Lunch
Feb 18	Sat 8:00 am	*Pier 39
Feb 26	Sun 9:00am	*Gas House Cove
Mar 11	Sat 8:00 am	*Yacht Harbor
Mar 21	Tue 11:00 pm	End of Polar Bear
Mar 26	Sun 9:00 am	*Dick Beeler Crazy Cove
Apr 1	Sat TBD	McCovey Cove Regatta
Apr 30	Sun 6:45 am	*Bay Bridge
May 6	Sat 7:45 am	*Coghlan Beach (fun swim)
May 13	Sat TBD	Rowers Dinner
May 28	Sun 7:30 am	*Pier 23
Jun 1	Thur 5:00 am	100-Mile Swim Begins
Jun 18	Sun 9:15 am	*Pier 15
Jun 24	Sat 10:00 am	*SE/DC LGBT Pride Swim
Jul 2	Sun 6:30 pm	*Doc Howard Over 45
Jul 8	Sat 4:00 pm	Under 30*/Under 45* Cove Swim
Jul 9	Sun TBD	Baykeeper Relay
Jul 15	Sat TBD	*Trans Tahoe Relay
Aug 5-6	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 20	Sun 9:00 am	*Crissy Field
Sep 2	Sat 8:15 am	*Fort Point
Sep 9	Sat TBD	Angel Island Regatta
Sep 16	Sat 9:45 am	100th Joe Bruno Golden Gate
Oct 1	Sun 9:30 am	Alcatraz
Oct 14	Sat 9:30 am	Walt Schneebeli Over 60 Cove
Oct 15	Sun TBD	Dolphin/South End Triathlon
Oct 28	Sat 7:40 am	Escape from Alcatraz Triathlon
Oct 31	Tue 11:00 pm	100-Mile Swim Ends
Nov 1	Sat TBD	Pilot Appreciation Dinner
Nov 23	Thur 10:30 am	Thanksgiving Day Cove
Nov 24	Fri 5:00 am	Grizzly Bear Challenge
Dec 9	Sat TBD	Shiny Shoes
Dec 16	Sat 9:30 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Thur 5:00 am	Polar Bear Swim Begins
Dec 31	Sat 11:00 pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

These Saturdays as 9:00 am

January 21

February 18

March 18

April 15

May 20

June 17

July 15

August 19

September 16

October 21

November 18

December 16

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
  2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
  3. Swimmers are required to wear orange caps on all scheduled swims.
  4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
  5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
  6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
  7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
  8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
  9. Swimmers must register during check-in and attend the swim briefing in order to swim.
  10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least two swims.
  11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile